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Matt Yee at Level 1 Escape.
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metroNEWS

$4.1M in liens filed against music centre

COST OF CONSTRUCTION

NMC confirms mediation with contractors over contested fees

Aaron Chatha
Metro | Calgary

Liens totalling $4.1 million have been filed against the National Music Centre by several contractors who were involved in completing the building.

Mary Kapusta, the senior manager of marketing and communication with NMC, confirmed that they are in mediation with several contractors over contested fees.

Metro confirmed through a registry search that there are four liens filed against the National Music Centre.

"Contested fees at the end of a project this size — I wouldn't say it's completely normal, but it happens quite regularly," Kapusta said. "We are really proud of all of our project partners. It's a beautiful building and our opening was a great success, so we're hoping to resolve this quickly."

She said the goal right now is to sort out the contested fees, figure out the final amount and move forward. She could not provide exact details as the issue is still under mediation.

The total cost estimates did grow, from $150 million to $191 million, which Kapusta attributed to factors including cost of construction, materials and the restoration of the King Eddy. The original cost of the estimates grew as the project did.

Metro reached out to contractors involved in the NMC project, but did not receive any response by deadline.

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METRO EXPLAINS

SAME MOVIE, DIFFERENT PROVINCE

Alberta's ratings don't always align with those in the rest of the country.

DEADPOOL

ON 18A | AB 14A

X-MEN: APOCALYPSE

ON 14A | AB PG

PETE'S DRAGON

ON PG | AB G

Love it or hate it, you can rate it

The province is launching a pilot project in which the public can watch movies with experts and weigh in on the film classification of each one

Alex Boyd
Metro | Edmonton

The team responsible for watching and rating every single movie shown in Alberta is having a movie night, and you're invited. The catch? They want your thoughts on drugs, sex and violence.

Alberta Film Classification is currently recruiting volunteers for a new pilot project happening in September. They'll show a recent movie, and follow it with a conversation about how it should be rated and why.

"Film classification is not a question of ticking boxes. We don't count swear words and automatically go to a certain ratings category," said Paul Pearson, director of Arts Services with Alberta Culture and Tourism.

"There's a lot of subtlety and context and tone. So what we are hoping is to have some useful conversations about how Albertans feel about certain types of content."

Both film content and public attitudes shift over time. Pearson said in the decade he's been involved there's been an increase in things like crude humour — think fart jokes — drug use and certain types of sexual content. Some might be surprised that while the English-speaking provinces all use the same scale of G, PG, 14A, 18A and R, plus warnings for specific content, they all determine their own rating. Alberta's been doing it since 1913, and the provinces don't always agree.

Even though the ability to rate entertainment was granted to the provinces back in the days of silent film, Pearson argues it still makes sense.

He says Canadian viewers are generally less tolerant of violence than Americans, but more OK with sexual content. There are regional differences, too.

"There is a difference in community standards," he said, "when we talk to Albertans (the opinion is) that viewers in Grande Prairie or Lethbridge or Edmonton are different than viewers in Vancouver or Toronto," he said.

Deadpool, for example, made headlines after getting slapped with an R rating in the States. Alberta eventually gave it a 14A, with warnings for nudity, sexual content and violence, although Ontario opted for an 18A.

Pearson said it kick-started conversation about what 14A actually means — they got more than 50 letters from people across the province.

"It was great to see people engaging with content and engaging with what they're seeing, and not just consuming it."

To volunteer for film ratings and discussions visit the Alberta Film Ratings website.

Paul Pearson oversees Alberta Film Classification, responsible for rating commercial movies in the province. KEVIN TUONG/FOR METRO

Transit union irked by inconsistencies

LICENCE RENEWAL

Drivers given two weeks suspension, others five days

Helen Pike
Metro | Calgary

The Amalgamated Transit Union local 583 is crying foul over the City of Calgary's inconsistent policies when it comes to benching drivers who forget to renew licences, as administration aims to unify discipline.

Beginning April 1, the government stopped mailing home reminders for all drivers on their soon-to-be expired registration and licences. This caused headaches for the average driver, but has also had untold consequences for those driving for work.

According to Rick Ratcliff, president of the union, drivers who forget to renew their licence are given two weeks without pay as punishment, when other union workers under the City of Calgary — the CUPE, for example — are only getting a "long suspension" which spans five days.

"It's become an even bigger issue at transit," said Ratcliff. He noted drivers used to get their renewal notices in the mail and put them in a safe place, maybe forget about them, but were often reminded by dispatchers before the renewal date. "Now we're held to the highest account, and it impacts people differently."

Ratcliff said the union is currently going through the process of arbitration, in order to set a new precedent for drivers. He underlined he doesn't want to battle out their grievances in the media — but he said it's unfair.

A post on the union website suggests every 10 days a new suspension is handed out to drivers.

"The city has an interim fix for all the other locals, except for ours," said Ratcliff.

But from what the City of Calgary suggested in a statement to Metro, the ATU standard is going to be a city-wide mandate.

"To restore consistency, the City recently decided to adopt the practice it uses for ATU members for all employees," said spokeswoman Vanessa Farrelly.

"The practice is fair and reasonable and has been validated through arbitration."

The city said their new practice will come into effect at the beginning of October.

Calgary Planning Commission has approved a controversial plan to develop the former Harvest Hills Golf Course, despite concerns from residents. JENNIFER FRIESEN/FOR METRO

DEVELOPMENT

Harvest Hills gets stamp of approval

Brodie Thomas
Metro | Calgary

A controversial plan to develop the former Harvest Hills Golf Course got the stamp of approval from the Calgary Planning Commission (CPC) on Thursday.

The developer, Cedarglen Homes, is asking to build 716 units on 64.88 acres of land.

However residents have submitted thousands of letters with concerns about developing the former golf course.

Now that the CPC has approved the project, it will go on to Calgary City Council for final approval. Council could also reject the plan or send it back for more changes.

City administration was recommending the planning commission approve the proposal, despite items in the plan that go against the Municipal Development Plan (MDP).

"They even admitted that there's certain pieces of this that violate the MDP, and yet they're still sending it through," said Northern Hills Community Association president Rick Lundy. "It shows you that the city policies are flawed."

He said the CPC did make a few amendments to the plan, but not enough to address the "hundreds" of concerns citizens have about the loss of green space, trees, and the densification of the area.

The gallery at the meeting was almost full to capacity with residents who had found the time to sit in on the meeting.

Although members of the public didn't have an opportunity to speak at the meeting, Calgary Planning Commission went through those letters and asked many of the questions residents raised.

"I think we need to take the concerns that are being raised by the people that live in this neighbourhood seriously, and I think they have been taken quite seriously," said commission member Jyoti Gondek.

At one point during the hearing, Commission member Greg Morrow asked administration if there was enough school capacity for more students in the area.

City administration officials said both the CBE and the Catholic School Board have confirmed there is, but this response drew laughter from the audience.

Residents have been arguing that their children are already bussed too far, and that goes against the city's goal of having walkable communities.

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A new art wall installed outside Calgary's Central Library has added colour to the street corner, but some in the homeless community see the fins as a way to keep them from seeking shelter in the alcove. JENNIFER FRIESEN/METRO

Art wall denies homeless alcove

PUBLIC SPACE

Library says installation is meant to beautify area

The Calgary Public Library has installed metal fins in the alcoves outside the central branch, much to the chagrin of some of Calgary's homeless population.

A man named Lester, who asked that his last name not be used, inspected the fins — which the library calls an art wall — while having a cigarette outside the library Thursday.

He said he's a member of the homeless community and to him, the fins are a clear message to homeless who once used the alcove to get out of the rain and snow.

"There's some people in this city, well, they just want all the homeless people to disappear. They blame it on drug dealers, but you can blame the whole city on drug dealers."

Lester said the fight over Centre 4800 is another example of how people just want to drive the homeless out of their communities.

Those thoughts were echoed by Nigel Kirk, an activist and advocate for Calgary's homeless.

He's seen other examples of building design that is meant to discourage loitering.

"To do it on private property is one thing, but this is a public space," he said. "It seems like a waste of tax dollars."

However the Calgary Public Library sees things differently.

Katherine Cormack, spokeswoman for the library, said the reaction she has seen on social media shows people seem to be happy with the visual improvement from the art wall.

"We want people to come into the library. It's a welcoming place," she said. "Our hours are quite long during the day and on weekends. We want people to come in and feel welcome."

Cormack said there was a small minority who were breaking laws in the area, but the library has been working with the city, police and neighbours to make the space more inviting.

While she did say the fins were put there in part to discourage illegal activity, the library remains open to everyone.

"If you're engaging in activity that is unhealthy or illegal, it's not the place for you. You need to move on," she said.

> **There's some people in this city, well, they just want all the homeless people to disappear.**
> Lester (last name withheld)

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As we age we lose fat from our faces. Our cheeks, which were full and high when we were young can sink and develop a triangular shaped flat spot that can appear shaded and grooved. Many of us lose volume in the orbits of our eyes that result in eye circles that may or may not be dark in appearance. We also lose volume in our lips and other areas of the face. This lost volume allows the face to fall and contributes to the appearance of lip lines and the folds that appear at the sides and corners of the mouth. Even when we are young, lack of volume can make us look tired!

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As we age we also develop wrinkles and lines that eventually become permanently etched in our features. They result from animating the face. We frown, we raise our eyebrows in surprise or joy, we smile, we squint, and we pucker our lips. Animation of the face is, of course, a good thing. The deep lines that result, however, can make us look angry or stressed out when we are actually relaxed and happy.

A class of medications known as neuromodulators can relax muscles to create a more youthful appearance. Neuromodulators have been used for many years to treat many medical conditions. In tiny doses for cosmetic purposes they are used to relax crowsfeet around the eyes as well as frown lines and horizontal lines in the forehead. They can also be used to relax lip lines, neck bands, bunny lines on the nose, a gummy smile, a masculine jawline, and more. Neuromodulators that are currently in use include Botox™, Dysport™ and Xeomin™. Popular with women and men, it is the most utilized cosmetic treatment in the world.

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Administering neuromodulators and dermal fillers is an art! The skill and experience of your injector will very much dictate the outcome. The key is to do enough, place it properly and not overdo it. The changes will be subtle but the difference it makes will be dramatic. You will look just like yourself, only better!

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PETA exposes their message at Rib Fest

ANIMAL RIGHTS

Group uses nearly nude model in Rib Fest protest

Helen Pike
Metro | Calgary

A nearly nude PETA model bit off more than she could chew in a protest piece against Calgary's annual Rib Fest.

The scantily clad, barbeque-sauce covered woman, who was doing a performance art piece in the Eau Claire market area, was quickly escorted offsite by security for attempting to convey the group's animal rights message to meat eaters at the rib festival.

If you call the organizers about their staged person roasting performance they will tell you the antics got conversations about veganism and sentient beings going. But the University of Calgary's top feminist commentator has other words for the group out for animal rights.

"PETA has long made a reputation for themselves for what they think is provocative attention getting campaigns that make us confront animal rights alongside human rights," said Rebecca Sullivan.

"The problem is they miss the human rights part of it — in particular the gender rights."

Sullivan said the group consistently uses highly sexualized women, in analogies of meat, perpetrating the worst stereotypes of abuse against women.

Emily Lavender, a PETA campaigner, said she'd gladly offer her body up for the cause; male and female models are one of the best ways they're able to shock passersby into realizing that meat is murder and what's on their plates was once flesh and blood too.

> **"The problem is they miss the human rights part of it — in particular the gender rights."**
> Rebecca Sullivan from the University of Calgary

"PETA has the utmost respect for the men and women who make the choice to bear their skin to bring awareness about cruelty to animals," Lavender said. "The facts and figures alone aren't enough to grab people's attention."

She said nudity has been used as a tool of protest for years; it's nothing new.

But Sullivan, who is a vegetarian herself, disagrees, and thinks there are much more progressive ways of getting the message across without degrading the female body.

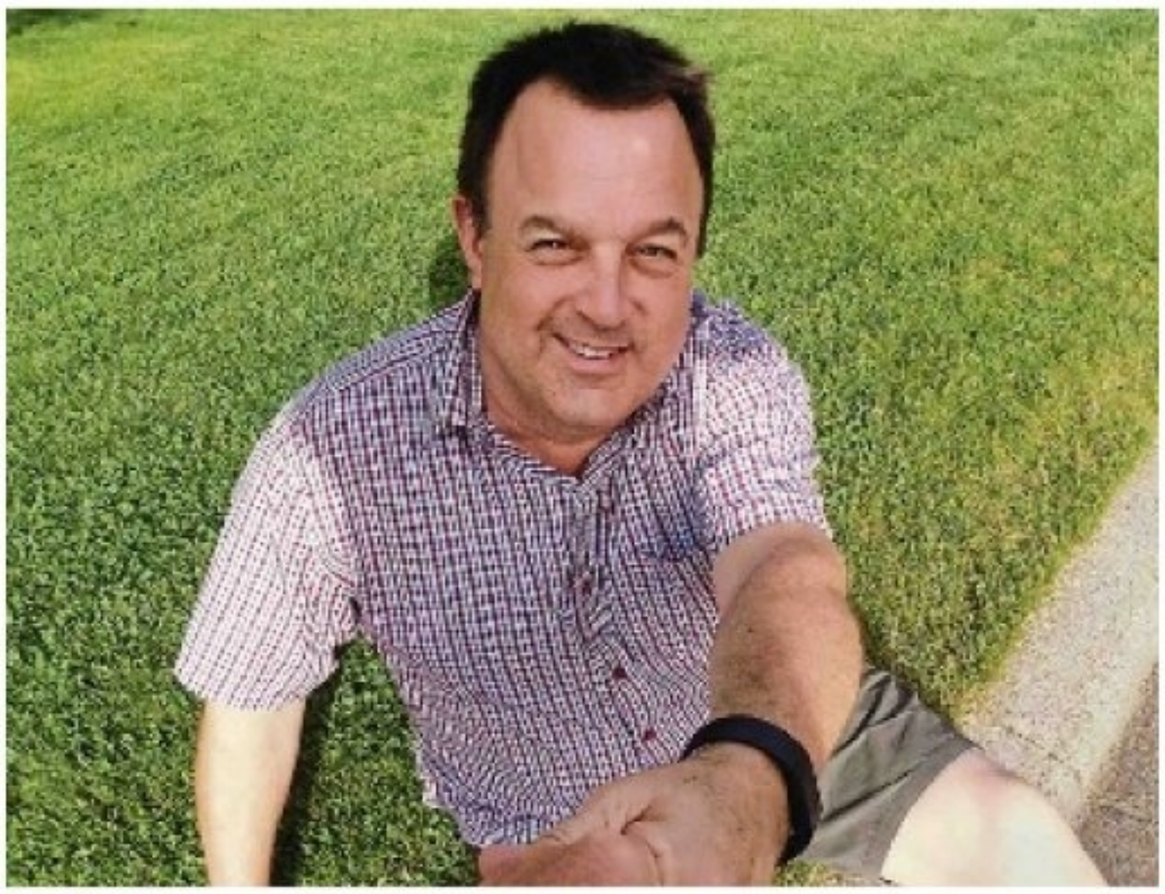
"We don't want animal abuse, but also don't want gender abuse, and they can (send a) message for both instead of trading one for the other," Sullivan said.

"It makes me want to have a hamburger. I think it doesn't do anything, it distracts from the message completely, because now we're not talking about animal rights and ethical farming, we're talking about a naked woman being barbecued."

PHOTOGRAPHY

Melanoma through the eyes of a patient

Alex Boyd
Metro | Edmonton



Prince George resident Mike Allan took this picture as part of a photo series documenting his journey with advanced skin cancer. CONTRIBUTED

When Mike Allan was finally released from the hospice where doctors thought he would die of his terminal melanoma, all he wanted to do was walk again.

"When I came out of hospice my body didn't work, I'd been laid up for such a long time," he said, "it was just determination that I was going to do it."

It was a long way to the end of the driveway, he had to sit down perched on the curb at the end of the lawn, but he made it.

It's one of the moments Allan recreates in a new photo series called Melanoma Through My Lens.

It's a project created by the Save your Skin Foundation to try to kickstart a conversation around advanced melanoma.

According to the foundation, melanoma accounts for about three per cent of all new cancer cases in Canada, putting it in the top 10 more common cancers. Eight percent of those cases are melanoma, the deadliest form of skin cancer.

Allan believes he got his from tanning beds he used before going on vacation.

Making matters worse, until recently, advanced melanoma had limited treatment options — something Allan remembers well.

"When they told me I was terminal and there's nothing we can do for you, there's no cure, there's no treatment, there's nothing," he said.

"It's a terrible feeling."

But after getting that verdict in 2007, the Prince George resident eventually contacted the foundation where he was told about clinical trials happening in Edmonton.

Over four and a half years, he and his wife got up before dawn to make the trek to the city every three weeks so he could participate. The first one didn't work, but the second one did.

Now, he's still in treatment but mostly back to living his life.

"I shouldn't be here. Most people of the people who were in that clinical study didn't make it," he said.

But he jumped at the chance to participate in the photo project because he wants other people diagnosed to know that it's no longer as bleak as it once was — he points out that both of the drugs used in his trials are now approved for treatment.

"Now there's hope, there's lots of hope for people now. That's what I want to give back. Just because you have the melanoma doesn't mean you have to die now, there are things that can be done now."

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13103 Lake Fraser Drive SE

‘Joke’s on you,’ police say

TRAFFIC

Using license plate blocking technology said to be futile

Lucie Edwardson
Metro | Calgary

The Calgary Police Service traffic unit said “jokes on you,” to Calgarians using license plate blocker technology.

Recently Metro came across a thread on the Calgary subreddit page discussing different license plate blocking methods for drivers trying to avoid speed on green, red light camera and photo radar tickets, so we thought we should find out how CPS deals with them.

Staff Sgt. Paul Stacey with the Calgary police Traffic Unit said people buying these technologies — at around $400 a pop — are wasting their money.

“The way the system works at the intersections is that it’s actually a video and we take stills from that video, so we catch those vehicles all the time,” he said.

Think you can outsmart photo radar with aftermarket gadgets for your plate? The Calgary Police Service says you should think again. JENNIFER FRIESEN/FOR METRO

Stacey said the way the technology works is that it’s supposed to detect the radar sensor, when it does the blocker drops down and washes out the plate so that when a flash goes off from the camera it isn’t visible. But, Stacey said trying to use this technology to block your license plate is futile.

“Initially the plate blocker washes out the plate — but in the second photo the plate blocker has gone up, which happens every time, so we catch them,” he said.

Stacey said there was one instance where a man was driving through an intersection with a plate blocker got a little carried away, and definitely didn’t think he’d be caught.

> **“it’s actually a video and we take stills from that video, so we catch those vehicles all the time.**
> Staff Sgt. Paul Stacey

“Here’s this guy going through, giving us the bird out the sun roof — there are no hands on the wheel and he’s the only one in the vehicle,” he said. “He went through there on purpose thinking we weren’t going to be able to get him and all we were going to get was him giving us the bird — but no, we got the plates.”

Stacey said they then sent an officer to the man’s house where he was dished out not one, but three tickets.

“We gave him a ticket for careless driving for not having any hands on the wheel, a ticket for having an obscured licence plate and a speeding ticket,” he said. “The joke’s on them.”

BREAK-AND-ENTER

$1M in jewelry stolen

Nearly $1 million worth of jewelry has been lifted from a Cochrane-area home, according to RCMP.

Cochrane RCMP said they responded to a complaint of a break-and-enter to a rural residence on Grand Valley Road Aug. 10. They said the homeowners had called after returning from a trip to find their home had been ransacked.

RCMP said statements obtained by investigators lead them to believe the crime took place between Aug. 8 and 10.

According to RCMP, the residence that was broken into is well off the road and very secure with only one way onto and out off of the property. There were no signs of forced entry and the doors were still locked when the homeowners returned.

A window was found to have been opened in order to gain access but again there was no sign it was forced open. The RCMP’s Forensic Identification Services assisted in the investigation, which is still ongoing.

METRO

Jaclyn Lee is one of a few Calgary golfers competing at the 2016 Canadian Pacific Women's Open this weekend.
BERNARD BRAULT/GOLF CANADA

Golfer Lee plays by the numbers

SPORTS

Calgarian competing in first LPGA tournament

Mathew Silver
For Metro | Calgary

Jaclyn Lee is used to dealing with numbers on the golf course and in the classroom.

The 19-year-old finance major just finished her freshman year at Ohio State University, winning a Big Ten Championship and earning recognition as an All-American Scholar.

Her biggest challenge, however, will take place this weekend as she competes in the 2016 Canadian Pacific Women's Open.

Here's a number: $337,500 USD. That's the winner's share of the purse at The Open, which will take place at Priddis Greens Golf and Country Club.

While Lee won't be able to accept the princely sum — doing so would forfeit her amateur status at OSU — she had an idea of what she would do with the money if she could.

"I'd invest it. I'd save it up. Playing professional golf is not a cheap sport," said Lee

And while it's clear that the youngster has absorbed some financial wisdom from her university education, before falling back on her academics, Lee wants to make it as an LPGA pro.

This weekend will be her first taste of the big-time, and a litmus test for how she performs against the best of the best.

More numbers: The Open will feature the top 10 players on the LPGA Tour's Official Money List and 96 of the top 100.

> **I just need to keep calm about everything and enjoy and have fun.**
> Jaclyn Lee

That list includes world No. 1 and defending champion Lydia Ko, who just so happens to be fresh off a silver medal performance in Rio. And who could forget Brooke Henderson, the Ontario native ranked No. 3 in the world, who is sure to emerge as a fan favourite.

Despite all of the talent on the tee box at Priddis Greens, Lee remains relaxed going into the tournament.

"I think this being my first LPGA tournament I just need to keep calm about everything and enjoy and have fun."

FORT MCMURRAY WILDFIRE

Most remaining evacuees bound for home

Some of the last evacuees from the Fort McMurray wildfire are being allowed to return home after Alberta's top health officer approved the cleanup of their neighbourhoods.

"I am confident that the municipality has the plans, mitigations and tools in place to ensure people returning to these homes will be safe," Karen Grimsrud said Thursday.

Some 439 homes in two Fort McMurray neighbourhoods badly damaged in the May fire have been declared safe for re-entry starting Wednesday. Grimsrud said those districts were particularly laden with debris and ash, which needed to be cleared away.

"(It's) not unexpected, when you have a wildfire in a metropolitan area, that you will have ash that is containing heavy metals and other toxic material," said Grimsrud, who visited the site last week.

Ash from the fire was found to be highly caustic and to have carcinogen levels high enough to affect human health in some circumstances.

The ash registered high levels of heavy metals such as lead. Arsenic was found in amounts many times higher than those that would start to damage the environment.

A second round of tests found no evidence that the ash or the contaminants had leached into the soil.

Grimsrud said no further tests of the residential areas are planned, but more will be done in public areas such as parks and pathways.

Another 242 homes are still considered too contaminated to be safe. Grimsrud said the municipality will have to submit a separate mitigation plan before she'll allow anyone to return to them. She gave no date for when that might happen.

Damage from the wildfire has been estimated at almost $3.6 billion, of which about $2.2 billion is expected to be personal property. THE CANADIAN PRESS

A mentoring power play

SPORTS CAMP

Olympian to tutor more than 60 girls in weekend event

Mathew Silver
For Metro | Calgary

The Lake Bonavista girls hockey team will learn more than just hockey skills at this weekend sports camp.

The two-day event will raise funds for the Red Cross and give over 60 girls the opportunity to learn from some of Canada's best female hockey players.

Along with a presentation and motivational chat from two-time Olympic gold medallist Haley Irwin, the weekend will feature several on-ice sessions for players aged 5 to 12.

Mick Beale, the organizer of the Lake Bonavista Hockey Weekend, said he was chatting with Irwin when he suggested that she run his daughter's hockey team through some drills. And what started as a neighbourhood initiative, took off with community support and some key sponsorships.

When contacted on Wednesday, Irwin said she remembers when it was rare to find all-female hockey schools, a testament to how the sport has grown in Calgary for women.

Irwin, who plays for the Calgary Inferno of the Canadian Women's Hockey League, recalled that meeting Wendell Clark as a youngster made her realized that dreams could become a reality.

"Just to see someone that you saw on TV in real life. It does happen. It becomes a reality moment," she said.

Irwin is hoping to have the same effect, and will bring her gold medals as tangible evidence.

Eight-year-old Sadie Beale, a student at Sam Livingston School, is looking forward to an epic weekend, "I'm going to have lots of fun," she said.

Two-time Olympian Haley Irwin, left, will lead the Lake Bonavista Girls Hockey Weekend, while Emily Babichuk, right, will have a chance to learn important lessons on and off the ice.
MICK BEALE/CONTRIBUTED

FISH

Agency confirms whirling disease

The Canadian Food Inspection Agency (CFIA) says whirling disease has been discovered in fish from Johnson Lake in Banff National Park. The CFIA says it's the first time it has confirmed the disease in Canada.

Whirling disease is caused by a parasite that causes skeletal and neurological damage in young trout and salmon. The fish move forward in a corkscrew pattern instead of swimming normally and there is a high mortality rate.

Parks Canada says it has closed the area around Johnson Lake and banned any recreational activities to reduce risk of the disease spreading. The parasite is not harmful to humans or mammals, but can be transmitted to other water bodies by fish and fish parts or by gear used for swimming, paddling, boating and angling.

Parks Canada is working with the province and the CFIA to test watersheds inside and outside the park to see if the disease is present anywhere else.

THE CANADIAN PRESS

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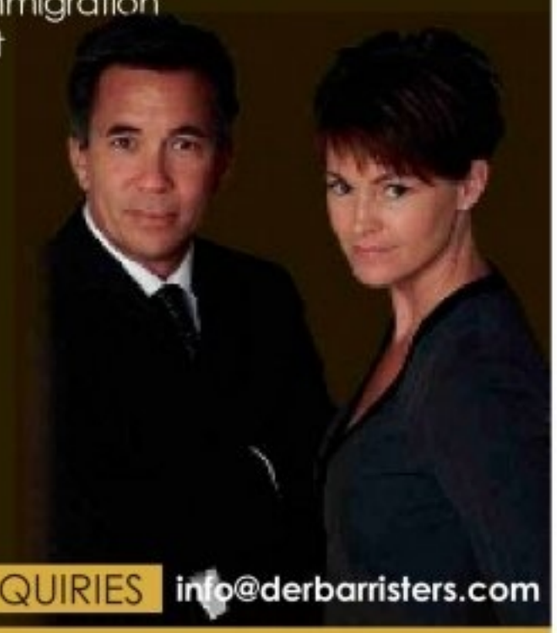

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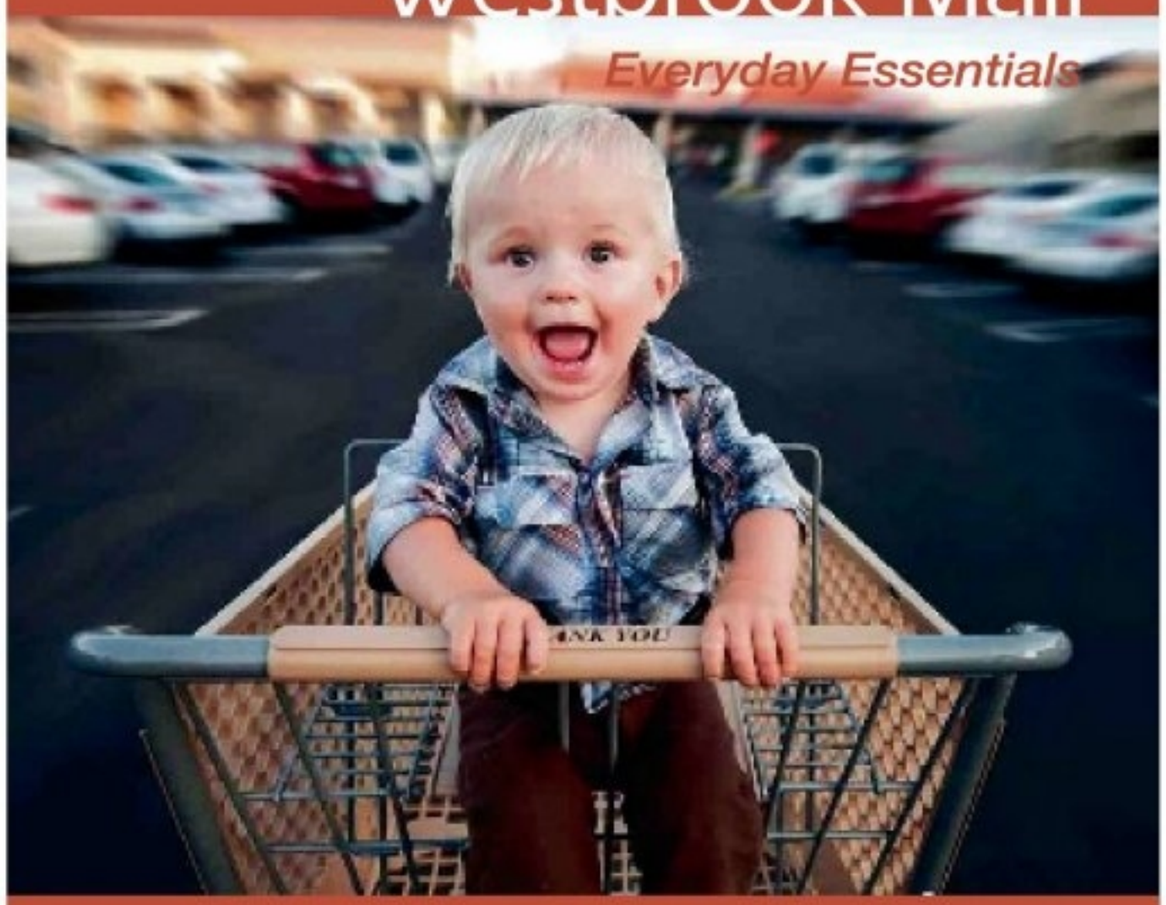

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NATIONAL DOG DAY

Celebrating cuddly, cute canine companions

Friday is National Dog Day, celebrating the canine companions of any breed, shape or size.

The day is meant to draw attention to all the wonderful aspects of dogs, from search and rescue, helping people with disabilities, working as a therapy dog or just having a friendly face and wagging tail to welcome you home.

Mark Lester, creator of the Spot Dog Walking App, said he created the app because he missed his family dog — and wanted a resource to help people with busy schedules still be able to keep dogs.

He said they have unbelievable social benefits.

"Not only do you have somebody coming to the door tail wagging, saying hello every time you come home, but you start to interact with the community differently," Lester explained.

"Since I've gotten my dog, now I'm meeting all my neighbours.

"Every time I'm walking down the street, I'm meeting new people who want to meet my dog — and meet me. You're not only making friends with an animal, but you end up making more friends with humans as well."

In celebration of dogs — and other pets — the Calgary Humane Society is planning their annual Cocktails for Critters event.

On Oct. 1 at the Calgary Westin, the gala will include Rescues on the Runway, along with signature drinks and culinary samplings.

The Calgary Humane Society sees more than 7,700 animals come through its doors annually.

In 2015 alone they investigated more than 1,400 reports of animal cruelty.

They regularly adopt out dogs who otherwise wouldn't have a home.

AARON CHATHA/METRO

Chris has become a regular walker of Bella, who loves to go by the river. AARON CHATHA/METRO

App sniffs out walk solution

TECHNOLOGY

Dog lover develops mobile dog-walking service

Aaron Chatha
Metro | Calgary

Mark Lester is officially unleashing his army of dog walkers upon the unsuspecting canines of Calgary.

Well, they're less an army, more a dedicated collection of dog lovers who want to make sure your faithful friends get the exercise and love they need during your busy work week.

The app, called Spot, aims to make finding a dog walker easy. Rather than searching Kijiji or asking friends, users can log onto Spot and schedule a dog walk — or even use the ASAP function to find a walker in an emergency if the office has kept you late at work.

"It's designed to be an on-demand solution for people looking for a dog walker," Lester said."

"All dogs need exercise. There's no worse feeling being a dog owner than knowing your dog is alone, at home — whining and probably tearing up your furniture in some way. People feel that real urge to walk home and walk their dog — and feel bad if they don't."

All dog walkers are insured with a police background check, and training from a registered professional.

As well, you can request specific dog walkers if you find Princess Barkandchew really loves getting walks from Chris. Inversely, you can also request someone other than Chris to walk your dog if you're oddly jealous about your dog's affections.

There are more perks to the app than just finding a walker in a pinch — Spot allows you to track your dog's walk via GPS, to see where it went and how long the walk was. You can also chat with your dog walker at the end of the walk, get pictures of your dog and notifications when the dog walker enters and exits the house.

Spot is available on iOS and Android.

Friday, August 26 to Thursday, September 1, 2016

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Inside a headset, Metro reporter Aaron Chatha is fighting zombies. From the camera, he's just hilariously flailing about. JENNIFER FRIESEN/FOR METRO

Calgary rolls out next-level arcade

ENTERTAINMENT

Level 1 Escape lets gamers blast enemies in virtual reality

Aaron Chatha
Metro | Calgary

When the zombie apocalypse came, I did not survive.

The owners of Level 1 Escape in Calgary have built one of the first virtual reality arcades in Western Canada — and it was slightly terrifying.

Strapped into an HTC headset, a pair of headphones and armed with a controller in each hand, VR Expert Matthew Yee plopped me into the world of Horde Z.

Things started off really cool. In my right hand was a powerful katana sword, and in my left a show-stopping shotgun. Zombies quickly began barrelling down the tight hallway, but were quickly mowed down before they could chomp me.

I had the freedom to move around in the hallway. My controller vibrated when the shotgun went off and the katana slices matched up to my actual arm movements.

It was all going great … until it wasn't.

Even though a mountain of zombies fell at my feet, my health bar suddenly started to sink.

I turned around, realizing there were more filling into the hallways behind me, already on top of me — the sound design was so loud and frenzied, I could barely hear Yee from the side of the room trying to give me advice.

I yelled to him "The volume is too loud!"

He tried to shout some instructions back, I couldn't hear, the zombies were all over me then — suddenly — I felt a very real set of hands clasp my head. I jumped back, clear across the room, yelping in sickly fear!

Turns out it was Yee turning down the volume on my headset for me.

Somewhere in the corner of the room, my photographer Jennifer Friesen was giggling.

It was a surreal experience — and not the only one. There are other games available: Some have you shooting a bow and arrow at enemies, or solving puzzles and throwing fireballs as a wizard — or just playing out a day at the office.

"You're there, you're shooting a gun, a bow, running around — and it feels like you're actually in that world," said Yee. "To me, that's the biggest thing. I can only see this getting bigger in the future."

The experience opens officially next week at Level 1 Escape. Rooms are booked for an hour at a time, with two VR setups (allowing for co-op play) and monitor to watch your friends flail about on the screen.

Beware of zombies.

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Gossip queen to hit Calgary

SCENE YYC

Lainey Lui, Steve Martin featured at Look2016

Aaron Chatha
Metro | Calgary

Look who's coming to Look2016: etalk's Lainey Lui, New Yorker writer Adam Gopnik and wild and crazy guy Steve Martin.

On Oct. 22, Calgary's cultural revolutionaries descend on the Centennial Planetarium for a celebration of art from the city's most inspired artists.

Now, that all sounds a little bit snooty, but every year the point of Look is to make art approachable — and cement its importance in the city's cultural ecosystem.

"(Look) makes art accessible. The reason I say that is because, for a long time, I didn't feel art was something I could experience without having a degree," said Lui, host for the event. "I think events like Look communicate to me, hey, anyone can enjoy art, as long as they want."

The event will feature an art auction and a number of installations, but Lui said it shouldn't matter whether you can identify one artist from another.

"It's just about what you like, what you connect to," she said. "I think Look does a great job in removing that, for a lack of a better word, pretension that a lot of art events can have."

Special guest Steve Martin fits right into the event. Although most know him from his movies, his stand-up or his appearances on Saturday Night Live and the Muppet Show, Martin is also an avid collector of art.

He'll be interviewed on stage by Gopnik, as the two are old friends.

Lui said she's excited to meet the famed comedian.

> **I'm a big fan of Steve Martin. It's such a treat for Calgary to be able to have him for that one night.**
> Lainey Lui

"For me, personally, I love Steve Martin in Father of the Bride. I used to watch that movie over and over and over again," she laughed.

"He was my dad. If my dad was not Chinese and bald and short. But there was something so appealing in that performance, so yeah, I'm a big fan of Steve Martin and I think most people are. I think it's such a treat for Calgary to be able to have him for that one night."

For more information, visit contemporarycalgary.com.

Etalk's **Lainey Lui** will host Look2016 this October. CONTRIBUTED

A lovely day for Zella

Q&A

Artist behind Hypnotic preps for Calgary fest

Aaron Chatha
Metro | Calgary

At 21, Zella Day has gone from doing covers of White Stripes songs to performing her original tracks on live TV — to critical acclaim. She'll be coming through Calgary for XFest, which takes place Sept. 3 and 4.

Zella Day will perform songs from her album Kicker at XFest 2016. CONTRIBUTED

Have you ever performed in Alberta before?

I have not. It'll be my first time. It's a new festival for me, but I'm excited — it looks like a nice curated lineup.

Your music has been featured in everything from TV shows and movies to a League of Legends video game tournament. How does that feel?

I make music so it connects with people. The fact people are connecting with the music makes me feel validated in my creations. I also have a really amazing team of people at Hollywood Records that are so connected and do a very good job at getting my music out there.

When was the first time you heard your song in a film?

It was a really long time ago, it was a song off my first record, Powered by Love, released when I was 13. It was independently recorded, produced and marketed. There's a song off that record called "Simple Song" that was in Tooth Fairy, with The Rock.

It was the first time I heard my song on a movie or television show.

(It was exciting) to hear your song come out of the speaker. To know that it's bigger than just you and your room and your car.

What are you working on now?

I have two singles coming out in a month and a half. I have a single, Man on the Moon, that's going to be released. Then the follow-up track will be a song called Honey Pie.

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CONVENIENCE

Click on Drizly app for liquor, beer and wine at doorstep

Aaron Chatha
Metro | Calgary

Drizly regional manager Matt Erley shows off some of the products offered. KEVIN TUONG/FOR METRO

After a long week at work, Matthew Erley likes to plop down at home, open a nice bourbon whiskey and have a relaxing Friday night.

But, oh no, the liquor cabinet is empty!

And what's worse, the weather is terrible and the roads just aren't worth the trek.

So, Erley opens up his phone and launches the Drizly app that he represents in Calgary and picks from the hundred or so bourbon whiskeys available — and in less than an hour, the whiskey has been delivered right to his door and Erley is pouring a well-deserved glass of smooth, Gentlemen Jack Tennessee.

If you look hard enough, you'll probably find a little Matthew Erley inside you, too — be it in the form of wine, spirits or beer.

The Drizly app has partnered with Liquor Depot in Calgary, and gives users full access to the inventory of their nearest store.

They pay the same price the store charges, plus a $5 delivery fee, and can even schedule orders in advance.

"People are always looking to get some more time back in their day," said Erley, Drizly's regional manager,

"The shopping experience for alcohol isn't necessarily a bad one, but sometimes it's nice to be able to view things online and shop a different way."

Drizly is currently available on iOS and Android devices, as well as online through www.drizly.ca.

CITY EVENTS

What's going on this weekend

FRIDAY – Movie in the Park

The Citadel Community Association presents Kung Fu Panda 3. Join Po as he faces a supernatural enemy — all while meeting his father and discovering the secrets of the pandas.

Bring your own chairs and blankets, the movie starts slightly after 8:30 p.m.

For more information, visit citadelca.ab.ca

SATURDAY – Kaleidoscope 2016

As colourful as a Kaleidoscope, the family friendly event sports a full day of art, music and dance.

There will be tents displaying the work of proud local artists, as well as live demonstrations and performances.

Try out a new dance step – or painting something beautiful.

For more information visit K2016.ca

SATURDAY – Okotoks Chili Fest

Hopefully the weather won't be too chilly for the annual Okotoks Chili Festival and Cook Off in downtown.

The Western-themed event features live music, an outdoor street market and lots of chilli.

Taste the different types in the cook off competition and vote for your favourite.

For more information, visit okotoks.ca

SUNDAY – Stampeders Family Day Game

The Calgary Stampeders play against the Hamilton Tiger Cats, but there will be more family fun before the game too — in the form of face painting, interactive inflatables and entertainment for kids.

Little Miss Outrider will teach young girls from ages five to 15 a special halftime routine.

For more info, visit stampeders.com.

AARON CHATHA/METRO

Google goes for a walk on Alberta's wild side

TOURISM

Travel agency teams up with tech titan to map province

Mathew Silver
For Metro | Calgary

Travel Alberta has joined forces with Google to give Albertans virtual access to the province's most breathtaking landmarks.

Google Trekker, a 40-pound backpack equipped with 15 cameras, is being taken to previously unmapped locations across the province to document hiking trails and remote locations only accessible by foot.

The content will be accessible on Google Street View, except instead of cars capturing images of the neighbourhood, there are a couple of brave photographers navigating the province's rugged terrain.

According to Phil Klassen, the vice president of marketing for Travel Alberta, the partnership will be a boon for the province's tourism industry.

"We want to encourage Albertans and our visitors globally to explore new places and try new experiences. The addition of these new locations to Google Street View will give travellers a new perspective on experiences available in Alberta," said Klassen.

One of the photographers is Jeff Bartlett. He walks from 9 to 5 with a partner, taking shifts carrying the Trekker. When the three-week expedition concludes in September, Travel Alberta will have travelled through areas like Head-Smashed-In Buffalo Jump, the Canadian Badlands, and the fossil-rich landscapes around Grande Prairie, among others.

Images will be sent to Google, where they will be stitched together. The best part: It didn't cost the province a dime. Klassen said it's part of a larger partnership between Travel Alberta and Google.

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Prime Minister Justin Trudeau heads to the beginning of a caucus meeting in Saguenay, Que., on Thursday. THE CANADIAN PRESS

PM urges Liberals to focus on growing middle class

SAGUENAY, QUE.

'We need to look 40 years down the road,' Trudeau says

Prime Minister Justin Trudeau warned his Liberal MPs on Thursday to resist resting on their laurels now that they have formed government, and to avoid becoming too distracted by the daily ups and downs of life in politics.

"We should be proud of what we've accomplished, but never satisfied," Trudeau told the national Liberal caucus, which gathered in Saguenay, Que., to hammer out the legislative and political agenda before returning to Parliament Hill next month.

"I know that it's easy to get caught up in the day-to-day, but let's never forget why we are all here in this room — to help the middle class and those working hard to join it."

The prime minister said that vision applies not just for the rest of the year, nor even the rest of the majority Liberal mandate before the 2019 election.

"As a government, we need to look 40 years down the road, not just four. To the next generation, not just to the next election. Because when a government takes that long view, it can deliver extraordinary results for Canadians," he said.

The fight against climate change is one particularly "daunting challenge" that lies ahead, Trudeau noted.

Thursday's long-game reminder from Trudeau also comes after a rough few days of negative attention over expensive mistakes by some rookie ministers, such as the thousands Health Minister Jane Philpott spent to be chauffeured around in a luxury vehicle owned by a Liberal volunteer.

The caucus retreat is a way for Liberal MPs to reconnect after the summer away from Ottawa, but also to get updates from cabinet ministers on their legislative plans for the fall. THE CANADIAN PRESS

+ FEMINISM

- Trudeau has joined a social media campaign urging world leaders to acknowledge that poverty has a disproportionate impact on girls and women. "Women and girls are less likely to get an education, more likely to be impoverished, and face greater risk of disease and poor health," Trudeau wrote in a letter.
- The letter was crafted in response to a call from the ONE Campaign, which promotes maternal and child health projects in developing countries.

IN BRIEF

Crossbow attack leaves three dead, one injured

Three people suffering from what appeared to be wounds from a crossbow were pronounced dead Thursday in an incident that rocked a Toronto neighbourhood, police said. An injured 35-year-old man was taken into custody. Two men and a woman were pronounced dead a short time later. A crossbow was found nearby on the floor.

THE CANADIAN PRESS

Lone wolves are the main terror threat, report says

The main terrorist threat on Canadian soil remains lone wolves or small groups inspired by ideology to carry out attacks, a new public safety report states.

The 2016 report on terrorist threats to Canada drew a distinction between attacks "inspired" by extremist ideology versus those "directed" by terrorist organizations abroad.

"As with the 2014 attacks in Canada, an individual or small group can be inspired to carry out an act of violence … with little or no warning," states the report, released Thursday morning.

"Such attacks can target areas with limited or no security, including crowded public places and public transportation. Even small-scale terrorist attacks have significant psychological and economic impacts."

The October 2014 attacks in Saint-Jean-sur-Richelieu, Que., and Ottawa seem to fit the "inspiration" category — as does the attempted attack foiled by authorities in Strathroy, Ont.

Aaron Driver was shot dead by police after the FBI tipped off Canadian authorities that the 24-year-old, who was on a peace bond due to a suspicion he was connected to terrorist groups, planned to attack a major urban centre with a homemade bomb.

Public Safety Minister Ralph Goodale said Driver's plan shows the need for "continued vigilance."

The report comes as the Liberal government prepares to review Canada's national security framework.

TORSTAR NEWS SERVICE

HEALTH CANADA

Memo caused chaos in First Nations: Leader

First Nations leaders expressed dismay Thursday that two communities in northern Ontario were given less than a week's notice from Health Canada that their federally run nursing stations would be temporarily closed.

Keewaywin First Nation and Nibinamik First Nation were told in a memo dated Tuesday that the federal department was planning to put a temporary alternative medical plan in place by the end of this week.

Health Canada has since confirmed that the planned closures, originally scheduled for today and Friday, have been averted.

The government memo, dated Aug. 23, suggested the communities would have to access telemedicine — treatment and diagnosis remotely, either over the phone or via video link — at a nursing station in another community.

The short notice was unacceptable, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler, noting the memo prompted unnecessary chaos and confusion on the ground. Nishnawbe Aski is an umbrella political organization representing 49 First Nation communities in northern Ontario.

Charlie Angus, an Ontario NDP MP and his party's indigenous health critic, said he was "gobsmacked" when he first heard about the contents of the memo.

Angus also urged Health Minister Jane Philpott to address the grave state of indigenous health. "She's aware of this crisis, she knows the magnitude of the crisis, she knows lives are at stake," Angus said.

> (Philpott) knows the magnitude of the crisis, she knows lives are at stake.
> MP Charlie Angus

THE CANADIAN PRESS

The study will assess whether people between the ages of 65 and 80 develop more muscle mass and have the associated benefits such as improved balance and mobility. ISTOCK

School looks to up elderly muscle mass

FREDERICTON

Research may determine if protein shakes can aid seniors

Researchers at the University of New Brunswick have launched a study to find out whether a protein drink can help build muscle — without exercise.

Danielle Bouchard and Martin Senechal are concentrating the study on adults over the age of 65.

"We have been hitting our heads against the wall to get older adults to gain significant muscle mass by doing exercise or anything else. It's hard to get older adults to gain muscle mass after a certain age," Bouchard said Thursday.

U.S.-based company Plasma Nutrition believes its product, called Moto Protein, has greater benefits than other protein shakes because it is more easily digested, said Bouchard.

"If you take more protein you gain more muscle mass and for older adults, having more muscle mass equals less risk of different chronic conditions, having less need for help and having more function. Being independent longer is the ultimate goal," she said.

Bouchard said the 12-week study will assess whether test subjects, between the ages of 65 and 80, develop more muscle mass and have the associated benefits such as improved balance and mobility.

She said they will be compared with a second group that will be given a regular protein drink.

Bouchard said while Moto Protein has been on the market for some time and is approved by Health Canada, it has never been tested to see if it has clinical implications for older folks.

> More muscle mass equals less risk of different chronic conditions, having less need for help and having more function.
> Danielle Bouchard

"Are they more able to get out of a chair? Are they more able to keep their balance? Are they more able to lift weights? At the end, that's what older adults are looking for is the result of gaining muscle mass."

Bouchard said getting adequate protein is important for everyone, especially seniors and others who may be inactive.

The researchers are still looking for a few more men and women in the Fredericton area to take part in the study.

THE CANADIAN PRESS

Emergency workers on Thursday search the rubble of a building destroyed during an earthquake in Amatrice, Italy. GETTY IMAGES

Canadian among victims in quake

NATURAL DISASTER

Canada's Italian community looking into recovery efforts

A Canadian citizen was among at least 250 people killed in an earthquake that left thousands homeless on Wednesday, said Minister of Foreign Affairs Stéphane Dion.

"I was extremely saddened to see the tragic loss of life following the devastating earthquake in central Italy, which now includes the death of a Canadian citizen," Dion said in a statement. "We share in the grief of the lives cut short by this terrible event."

The foreign affairs department did not release the name of the victim.

Dion said he spoke with Italian foreign minister Paolo Gentiloni hours earlier to express his condolences.

"On behalf of the government of Canada, I also extend my condolences now to the family and friends of the Canadian life lost in the quake. Canada continues to stand behind the people of Italy during this difficult period," he said.

The 6.2-magnitude quake struck at 3:36 a.m. and reduced three towns in central Italy to rubble.

Bob Sacco, president of the National Federation of Canadian Italian Business and Professional Associations, says that while it's still early, his organization is looking at options to support recovery efforts.

> As soon as day broke and the aerial shots were coming in, I said, 'Oh my god. Entire towns.'
>
> Vaughan, Ont., resident Sam Ciccolini, who returned from the region less than two weeks ago

"I got a lot of calls from our chapters in Montreal and various chapters across Canada that basically said, 'How can we help?' The first step is really to figure out who the right people are to have an idea and do an effective plan," he said.

Sacco was previously involved with fundraising after a powerful 2009 earthquake in Italy's Abruzzo region, which killed more than 300 people. At that time, the Abruzzo Earthquake Relief Fund was established, raising $2 million for a new medical research facility at the University of L'Aquila, in one of the towns hit hardest by the earthquake. Another $400,000 was donated to the Red Cross.

"The Italian community stepped up to the plate when that happened there and I'm sure they'll do that this time as well," Sacco said.

TORSTAR NEWS SERVICE

Australian-Lebanese designer **Aheda Zanetti** holds up her burkinis. AFP/GETTY IMAGES

FRANCE

Burkini bans face legal challenge

France's highest administrative authority is studying whether local bans on full-body burkini swimsuits are legal, amid growing concerns in the country and abroad about police forcing Muslim women to disrobe.

Images of uniformed police appearing to require a woman to take off her tunic have elicited shock and anger online this week.

Two human-rights groups, arguing the bans are discriminatory, appealed to the Council of State. The council held a hearing Thursday and is expected to issue a ruling on Friday. The ruling specifically concerns a ban in the Riviera town of Villeneuve-Loubet, but the decision will be binding and set a legal precedent on the increasingly heated debate. THE ASSOCIATED PRESS

IN BRIEF

Rebels, residents to evacuate Damascus suburb

After four years of bombardment and siege, the residents and rebels of a Damascus suburb agreed to surrender and evacuate Thursday, Syrian government and opposition activists said. The surrender of Daraya is a success for President Bashar Assad's government, removing what has been a persistent threat. THE ASSOCIATED PRESS

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A sandbag flood barrier that was erected in Lake Arthur to save the town can be seen during a tour by Louisiana Gov. John Bel Edwards Thursday. MAX BECHERER/THE ASSOCIATED PRESS

LOUISIANA FLOODS

Gov. Edwards sees extent of damage

Gov. John Bel Edwards flew across south Louisiana Thursday, surveying flood damage from a helicopter and talking with people in a city that flooded and in one where a heroic effort by volunteers and others held floodwaters back.

At a subdivision in Youngsville, near Lafayette, every third or fourth house still had a pile of flood debris on the lawn, a sign that occupants were still gutting and clearing damage. At other houses, remnants showed where similar piles had been hauled away.

"You know I pay my taxes, I worked ... I've never been late a day of my life," said Kimberly Moore, who came up to the governor as he walked down the street. But now, she said, she cannot get the help she needs.

Edwards said afterward that, like thousands of people whose homes flooded this month across 20 parishes, people in Youngsville were in areas that had never flooded and didn't have to buy flood insurance.

"The insurance was designed to make you whole after you've suffered damages," he said, but help from the Federal Emergency Management Agency cannot do that.

"Though we are bringing to bear all the FEMA relief we can and what's allowed by statute, it's not going to be enough to make people whole, and that's unfortunate," he said.

He said he will ask Congress for more money to help the recovery. A proposal that might help flooded Louisiana homeowners is being drafted, U.S. Housing and Urban Development Secretary Julian Castro said

While visiting flood-destroyed public housing units for elderly and disabled people in Denham Springs, outside Baton Rouge, he was asked about allocations like those approved after Hurricanes Katrina and Sandy.

"We are certainly ready, willing and able to support that if and when Congress decides to take that up," he said. "I cannot make any commitment on that right now because that is Congress's call." THE ASSOCIATED PRESS

> **You know I pay my taxes, I worked, I've never been late a day of my life.** Kimberly Moore

Trump does 180 on immigration stance

U.S. ELECTION

Republican candidate's indecisive ways continue

Donald Trump floated the idea of walking back his hard-line stance on immigration in his appearances this week, including in Austin, Texas, on Tuesday. AFP/GETTY IMAGES

Ann Coulter has just begun the promotional tour for her new book, In Trump We Trust, which contains this statement: "There's nothing Trump can do that won't be forgiven. Except change his immigration policies."

The book came out Tuesday. By Wednesday, Coulter did not seem like a woman who trusted Donald Trump. Trump, it had become clear, is thinking about changing his immigration policies.

The Republican presidential nominee has modified, abandoned or reversed a dizzying array of campaign pledges, but this particular shift would be a doozy to surpass them all. Trump, who won the Republican primary in significant part because of a promise to deport all 11 million of America's illegal immigrants, is now musing publicly about allowing most of those people to stay. "Incorrect descriptions of this: pivot, softening, moderating. Correct descriptions of this: 180, total reversal, flip-flop," Tim Alberta, chief political correspondent for the conservative National Review, wrote on Twitter.

Such a dramatic transformation would come with a potential upside but also a huge risk. In a last-ditch attempt to improve his dismal standing with Hispanics and moderate suburban whites, Trump may well lose part of the anti-immigration base that propelled him to the nomination.

"Trump probably just threw away his only remaining chance to win in November with Wednesday's Jeb Bush impersonation," Mark Krikorian, executive director of the conservative Center for Immigration Studies, wrote in the National Review. "Many of the voters who stuck with him through his various antics will start drifting away."

As usual with the mercurial candidate, caution is in order. He has not committed to any specific new policy, he has just launched a television ad warning of immigrant hordes, and some liberals suspect he is merely making an attempt to appease moderates with meaningless August rhetoric while maintaining his hardline stance.

"He hasn't changed his position on immigration. He's changed the words that he is saying," spokeswoman Katrina Pierson said Thursday morning on CNN. Trump added to the confusion in the afternoon by saying on CNN, "There is no path to legalization unless they leave the country and then come back."

> **Now everyone agrees we get the bad ones out.** Donald Trump

But his comments this week are remarkable no matter where he lands. After spending months of the Republican primary lambasting opponents like Jeb Bush and Marco Rubio as "weak" advocates of "amnesty," he has begun to signal this week that he might adopt the key components of their policies.

Trump made his most extensive remarks at a "town hall" gathering hosted by Fox News personality Sean Hannity, during which he polled the crowd on what he should do.

Illegal immigrants, Trump said, would not be granted a path to U.S. citizenship. But he suggested that the ones who had not committed additional crimes in the U.S. could stay in the country if they paid "back taxes" — as Bush, Ohio Gov. John Kasich, and other conservatives he mocked as pushovers have suggested.

"Now, everybody agrees we get the bad ones out," Trump told Hannity. Trump repeatedly asked the audience in Austin, Tex., for its opinions. The impromptu focus grouping would have been a startling display of uncertainty for any presidential candidate on any issue, but it was especially so in this case: immigration has been Trump's top policy issue for more than a year, the election is in less than three months, and lives hang in the balance. TORSTAR NEWS SERVICE

Zaira Shaal tests out a pop-up showroom from the mattress company Casper in Toronto on Friday.
CHRIS YOUNG/THE CANADIAN PRESS

MEDICINE

EpiPen price hike won't sting Canadians

The skyrocketing price for the rescue medication carried by people at risk for potentially life-threatening anaphylaxis has created a furor in the U.S., but there's no need for Canadians who use the device to panic, says the head of Food Allergy Canada.

"The regulatory pricing system here is different than in the U.S., and so we have not seen huge increases for the device year over year," Laurie Harada, the organization's executive director, said of the EpiPen.

In the U.S., the EpiPen is sold by pharmaceutical company Mylan, which incrementally hiked its price more than 500 per cent over the last nine years, pushing its list price for a two-syringe pack from $94 US to more than $600.

9.5

The percentage of Canadians at risk for anaphylaxis due to allergies to food, drugs or natural toxins like bee venom.

Canadians pay around $120 for a single auto-injector, with the price varying somewhat, depending on an individual pharmacy's dispensing fee, Harada said Thursday.

Anaphylaxis is a severe reaction, which can occur in response to toxins from insect bites or from eating foods like peanuts, fish, eggs or milk in people with allergies to those substances.

"The most severe response is when somebody's airways are swelling and they're closing," said Harada. "They're going to lose the ability to breathe or their blood pressure is dropping."

An immediate shot of epinephrine, typically injected into the muscles of the thigh, can alleviate those effects and buy time until paramedics arrive. THE CANADIAN PRESS

Startup in bed with online sales

E-COMMERCE

Furniture store leaves behind bricks and mortar

Imagine paying hundreds of dollars for a couch you've never sat on or a bed you've never tested out.

A growing number of online retailers say more customers are willing to do just that when it comes to furniture shopping.

In the last few years, people are forgoing trips to cavernous showrooms humming with commission-seeking salespeople and instead going online to furnish their homes.

"Consumers are starting to realize that there are other options out there and they don't have to deal with the traditional store on every corner, which was a terrible experience," said Philip Krim, CEO at online mattress company Casper.

"It was an experience that didn't have to reinvent itself for some time. There's been very little innovation."

Unlike its big-box competitors, the New York-based startup, which launched in 2014, sells only one type of latex and memory-foam mattress ranging from $725 for a twin to $1,275 for a California King.

Krim would not disclose Casper's annual sales figures in Canada. But he estimates the mattress market here is worth $1.4 billion a year, with the global market about $50 billion US.

One draw factor for Casper's customers is that they have the luxury of relying on thousands of online reviews instead of relying on one salesperson's pitch, Krim added.

"Lying on a mattress for 30 to 60 seconds in a store under fluorescent light with a commission salesperson standing next to you is not the right way to shop for a mattress or to know if a mattress is comfortable or the right bed for you," he said. "The only way to know is to sleep on it."

Casper and other similar startups like Leesa and Canadian-owned Endy also have 100-day return policies where they will pick up unwanted products from a customer's home, no questions asked.

Deborah Poole, general manager at online home furnishings retailer Wayfair Canada, said e-commerce not only allows people to shop on their own time but also have access to an even bigger selection than from a warehouse. Based in Boston, Wayfair sells more than seven million items including upholstered furniture, decorative accents, throw pillows, end tables and chairs.

"Customers go looking for the biggest assortment. No store, no matter how big, can do that," she said.

THE CANADIAN PRESS

> "You might be buying your groceries online, you are streaming your media content online — why wouldn't you furnish your home that way?"
> Deborah Poole

MCDONALD'S-COLLEGES PARTNERSHIP

McEducation a bad precedent: Union

The Ontario Public Service Employees Union opposes the recent partnership between McDonald's Canada and Ontario's colleges to offer advance placement to the chain's managers who complete some internal training.

OPSEU president Warren Thomas said in a statement that students are the biggest losers of this arrangement, which allows them to bypass the first year of a business or business administration diploma at Ontario's 24 public colleges.

He said employers will value those diplomas less and the students will lose out on high-quality education.

OPSEU — which represents about 130,000 workers in Ontario, including community college employees — called it a chilling precedent of outsourcing the responsibility of public education to private corporations, like McDonald's.

Colleges Ontario president and CEO Linda Franklin said in a statement that the current economy calls for innovative new approaches to strengthen the training of the workforce.

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CANADA POST

Job action notice issued

The Canadian Union of Postal Workers, representing nearly 51,000 Canada Post employees, issued a 72-hour notice of job action Thursday, just hours before a strike mandate was set to expire, but stopped short of a full-blown walkout.

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market minute

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OIL $47.33 US (+56¢)

GOLD $1,324.60 US (–$5.10)

NATURAL GAS: $2.89 US (+5¢)
DOW JONES: 18,448.41 (–33.07)

Cold brews hot sellers for coffee, tea chains

FOOD AND DRINK

David's Tea, Starbucks brew up icy drink growth

A cold front is moving into the already saturated regular coffee market in Canada, thanks to younger consumers.

"There's no real growth in hot coffee. It's all been done, so the cold beverage market is the evolution for these chains," Doug Fisher, a longtime food service industry analyst, notes.

According to research firm NPD Group, iced coffee has seen a 16.9 per cent growth in sales at "quick service" or fast food restaurants in Canada in the 12 months ending June 2016.

And the cold category's popularity is no longer limited to the steamy summer months either.

"We have seen an increased shift in consumer preference from hot to cold throughout the whole year," says Mary Graham, vice president, category brand management, Starbucks Canada.

The java giant has enjoyed a 30 per cent growth in sales over the last two years of all things chilled, from their Frappuccino and new Cold Brew to their Teavana line of products.

Cold drinks are the hottest thing out there now for the big players. CONTRIBUTED

McDonald's is also seeing strong iced coffee growth of 23.4 per cent at its McCafé counters over the last year.

Starbucks' iced tea business in Canada has grown 41 per cent since August 2014.

Approximately 85 per cent of tea consumed in America is iced, according to the Tea Association of the U.S.A. With this in mind, Montreal-based Davids Tea is brewing up a rapid expansion in the U.S.

The Tea Association of Canada says frequent innovation and constant marketing of new products have helped keep tea top-of-mind for consumers, especially millennials, who are more likely than older generations to drink the beverage.

TORSTAR NEWS SERVICE

COLD FACTS

- **16.9 per cent** growth in iced coffee at fast food joints in Canada over the last year
- **30 per cent** growth in icy drinks at Starbucks in last two years
- **23.4 per cent** growth in iced coffee segment at McCafés in Canada
- **85 per cent** of tea consumed in the U.S. is iced

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BANKING

Banks' profits grow despite economy

Canada's big banks have defied predictions that blustery economic headwinds would finally catch up with Bay Street and blow away some of their profit growth.

Four of Canada's Big Five banks have reported third-quarter results this week. They have breezed ahead of analysts' expectations that a low interest rate environment, high consumer debt loads, lower oil prices and generally sluggish economic conditions would limit growth potential.

All four beat expectations by a wide margin.

CIBC, which reported Thursday, saw third-quarter profits soar by 50 per cent to $1.4 billion, driven by the sale of its minority stake in U.S. money manager American Century Investments.

TD said it raked in $2.4 billion, a four per cent year-over-year gain.

RBC reported record net income of $2.9 billion, up 17 per cent from a year ago, partially due to the sale of an insurance business. The bank surprised some analysts by raising its quarterly divided by two cents to 83 cents per share.

BMO, the first of the Big Five to report this week, saw profits grow four per cent to $1.3 billion during the quarter.

Scotiabank is slated to report on Aug. 30,

The performance of the big Canadian banks is seen as a bellwether of the economy because their lending, deposit and capital markets businesses are dependent on how consumers and corporations are faring.

That helps to explain why their U.S. segments outperformed Canadian banking operations in the most recent quarter – the American economy is performing much better.

The strong results were surprising, but some of that may have been due to investor psychology in which bad news is overplayed and good news underestimated, said John Aiken, a banking analyst at Barclays.

TORSTAR NEWS SERVICE

NOTICE OF HEARING FOR SUPERVISION ORDER TO

Jason Cope

Take notice that on the **19th day of September 2016 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Supervision Order** of your child born on **June 19, 2010.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

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metro SCIENCE
Your essential daily news
A Brazilian study says new tests are needed to ensure sunglasses still offer UV protection after hours of wear in the sun

DECODED by Genna Buck and Andrés Plana

A CHUNK OF ICE THE SIZE OF SCOTLAND

It's literally what happens in the opening scene of the global warming disaster movie The Day After Tomorrow. The massive crack in the 350-metre-thick **Larsen C ice shelf**, which hangs off the northern edge of Antarctica, has grown an unprecedented 22 kilometres since March. **The reason: Climate change. The result: It will break off. And it could be bad.**

CITIZEN SCIENTIST by Genna Buck

My massive miscalculation

Instead of answering a question this week, I have a confession. It's the reason I'm Metro's citizen scientist, and not a real scientist. It's why I'm not a data journalist.

I never took math seriously in high school or university, and I'm paying for it now.

Math and I parted ways in 2007 when I placed the final exam for mandatory first-year calculus on a table covered in all the hair I'd pulled out in the preceding three hours. I suspect the 72 I earned was closer to a 52, because we were graded on a curve.

Not that I knew what "graded on a curve" meant: I blew off statistics too. My program recommended, but did not require it. And far be it from me to do math that was not required.

It felt like cleverly pulling one over on the school. But I screwed myself over, to lasting effect.

High-school stats didn't introduce concepts, such as tests of significance, I need to understand now to report about science. Not that I would have benefited, if it had covered those things: I fudged my way through that class too, earning an A-minus on a final project that probably deserved a D. (Thanks, grade inflation).

I never considered a STEM field, not because I didn't want to, but because I thought I couldn't. Too hard. Too much math.

It was my mistake. But I'd like to foist a bit of blame on everyone who said, "You'll never use this math in real life" in my earshot.

Because, as I've learned the hard way, that is such a filthy lie.

Math is how we decide what's true and false, what's likely and unlikely. When we say we're "informed" about climate change or vaccine safety or dietary fat, we're actually saying we get the math at the heart of these things.

I don't. And I know this blind spot — OK, it's more like a missing eye — could get me in trouble one day. I'm taking AP statistics, an online course designed for bright high schoolers. It's a decade overdue. Not too late, but I do wish I made my education count the first time around.

Science Question? Tweet @genna_buck

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FINDINGS
Your week in science

SQUISHY ROBOT
It's gooey, eight-tentacled, transparent, and about the size of an SD card: **Octobot**, the first robot with no solid parts. A gas-producing chemical reaction makes it move, showing one day robots could mold to their surroundings.

RIVER MARTIANS
If the Curiosity rover had landed on Mars just four billion years earlier, it would have encountered vast, winding rivers. A report in the journal Geology says fossilized riverbeds have been discovered — possibly (who knows!) harbouring fossils of living things — on an ancient region of the red planet's surface.

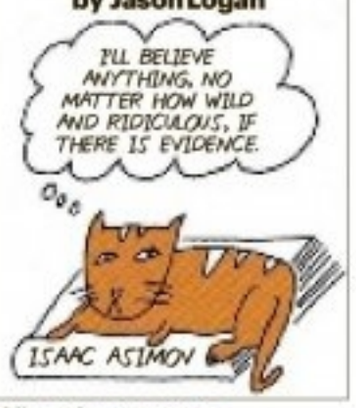
SOUND SMART

CRYO SPHERE

DEFINITION
The **cryosphere** is the sum total of all the ice on Earth, including the continental ice sheets, ice caps, glaciers, areas of snow and permafrost, and sea ice. It's part of the **hydrosphere**, the total of all the water on our planet and in its atmosphere.

USE IT IN A SENTENCE
Deborah's been reading those climate-change denier websites again. She clearly hasn't been paying attention to the recent, radical shrinking of the **cryosphere**.

PHILOSOPHER CAT
by Jason Logan



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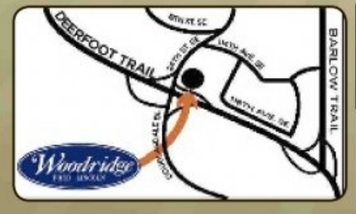

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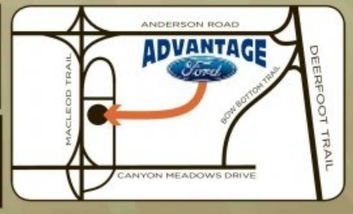

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metro WEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL

Statham is always the stoic loner

IN FOCUS

Mechanic: Resurrection continues with beloved brand

Richard Crouse
For Metro Canada

Jason Statham isn't so much an actor as he is a brand.

When you go to McDonald's you know you can expect the two all beef patties, special sauce and the sesame seed bun to taste the same whether you're in Calgary or Hong Kong. It's that kind of brand management that has made Statham a star. You know what to expect from his movies — rippling abs, some high kicking action, his trademarked facial stubble and loads of explosions.

It's a simple formula but one that works for his fans. Perhaps the advertising slogan for his new film, Mechanic: Resurrection should be New, But Still Exactly the Same.

Statham returns to the role of Arthur Bishop, a part originated by Charles Bronson and resuscitated by Statham in 2011's The Mechanic.

The new film finds the actor playing a variation on his Statham Character #1 in which he is a "loner with a past who must protect a loved one," as opposed to Statham Character #2 which is the "loner with a past who must protect a youthful innocent."

As Bishop, he has put the bloody work of professional assassin in the past and is now trying to lead a normal life. When a villain kidnaps the love of his life, however, he must get his hands dirty and return to his specialty, killing people and making it look like an accident.

What Statham lacks in range he makes up for in muscle tone. His well-crafted on-screen persona is equal parts stoic masculinity and lithe athletic ability. He's Charles Bronson (who starred in the original The Mechanic in 1972) with better moves, a man of action and few words in the mould of Clint Eastwood, if Clint had a better roundhouse kick.

In Mechanic: Resurrection, his 38th film since 1998 (and he has at least three more in the pipeline), he doesn't do anything we haven't seen him do before, but no matter, he simply does the things we expect him to do. That's what brands do, and as movie brands go these days he's about as reliable as it gets.

He is either remarkably consistent or just really enjoys playing guys who can break your neck with a steely gaze. Recently, a scientific poll — OK, I posted a question on facebook — posed this question: What makes Statham movies so popular? Here are some of the comments:

• His Blue Steel stare puts Zoolander to shame!
• His complete lack of facial movement? It's like if Buster Keaton were an emotionless British killing machine.
• He always manages to kick someone's butt while being tied to a chair.
• Not since Don Johnson, circa Miami Vice, has an actor managed to maintain a perfect three-day stubble…

Statham's movies are predictable as heck.

"You gotta be kidding me!" you'll be tempted to say at some of the plot twists, if only the movie's characters didn't beat you to it.

They are cliché-a-thons, but because Statham understands his audience and persona his films are dumb good fun. His über-macho presence is more important than the scripts. As long as he is in motion, running and leaping, kicking and punching, and giving voice to action movie platitudes in his distinctive English rasp, his pictures work.

MOVIE RATINGS by Richard Crouse

Don't Breathe	★★★★
Southside With You	★★★
Manhattan Night	★★
A Tale of Love and Darkness	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Jason Statham returns to the role of Arthur Bishop in Mechanic: Resurrection . HANDOUT

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INTERVIEW

Actress directs herself in film adaptation of Jerusalem book

Steve Gow
For Metro Canada

Portman sees Israel through her own lens

Portman's film is the culmination of a decade's work to bring Amos Oz's biographical novel a Tale of Love and Darkness to the screen. It stars Amir Tessler as Amos, an Israeli author who chronicles his childhood growing up in 1940s Jerusalem. SUPPLIED

It took more than two decades before Natalie Portman finally got an opportunity to work with a female director. Coincidentally, that filmmaker just happened to be her.

Making her debut behind the camera, the thespian felt so passionate about turning hit novel A Tale of Love and Darkness into a big-screen drama, she adapted the screenplay, took the lead role and set herself up to direct.

"The relationship between the mother and the son really moved me," said Portman of Amos Oz's memoir about growing up in 1940s Jerusalem.

"Some people have really vivid childhood imaginations of aliens or monsters and that's what they make movies about. For me, it was very much Israel. Those were the kinds of stories I heard growing up."

Portman herself was born in Jerusalem, and the 35-year-old talent has always possessed a curiosity about Israel's earliest days.

In her effort to portray the era with complete accuracy, she even filmed the movie in Hebrew — at the expense of the project's potential commercial viability.

"If you make a bad movie that nobody relates to, I don't think anyone's going to come to it no matter what language it's in," said Portman, who recalls critics also told her Black Swan (the 2010 drama for which she won an Oscar) was ill-fated.

"(People) were like, 'Ballet is for girls and thrillers are for boys so who's going to see your movie?' and it ended up being the most profitable film I've been in, in terms of budget relative to box office," laughed Portman.

"When you make something that has emotional truth, you can connect people in the most meaningful way."

Just as Portman has come a long way since she began acting at age 11, so too has Hollywood, she insists. Already anticipating directing again, Portman is encouraged that female filmmakers may be finally getting their day in Hollywood.

"People are actively looking for female directors now for projects; they're much more excited about female-led projects in terms of financing," said Portman, crediting the media.

"I think it's really a case of journalism leading the charge where I think all the writing about it has really changed behaviour."

CAREER REFLECTION IN HER OWN WORDS

On making a period drama on a budget

"This is obviously a fraction of a fraction of a fraction of a superhero movie budget," said Portman.

"(But) an audience will relate to it in a deep way and I believe in that."

On her commitment to the acting profession

"Acting allows you do these short stints of intense work and take longer breaks," said Portman, insisting she's not forsaking acting for a directing career.

"It would be nice if I had the luxury of continuing to do both."

On overcoming her fear of vanity as an actress

"As a director I was really able to be kinder and gentler with myself just for the utilitarian purpose of needing to make the movie better," said Portman.

"Sometimes I did a good job which is usually hard to admit."

She longed to play Michelle Obama

INTERVIEW

Glowing on and off screen, Tika Sumpter is so ready to deliver

Tika Sumpter is about to give birth — not just to her first baby, who appears to be due any minute, but to a new chapter in her career.

The actress has produced her first film, and stars in it, too: Southside With You, a romantic drama in theatres Friday about a fictionalized first date between the real U.S. president and first lady. Sumpter plays Michelle Robinson, a standout young legal associate who agrees to spend an afternoon with her junior colleague, Barack Obama.

Sumpter connected with the story so deeply that she told writer-director Richard Tanne she'd help him bring the film — his first — to the screen.

"I said, 'You know what, even if I don't get to play (Michelle), I want to get this film made,'" she recalled during a recent interview at the London Hotel, wearing a sleeveless shift dress that revealed a robust pregnancy. "I don't know how; I've never produced, but I'm going to get this film made."

As Sumpter pitched the project to potential investors, she heard how passionate she sounded ("It's like I'm speaking at the DNC.") and realized she had to play Michelle. This was the kind of character the actress had longed to play and see on screen: A smart, self-confident black woman at the centre of a romance who isn't desperately pining for the guy.

"That's also ultimately why I wanted to do it, because you don't always get the roles that are the leads and empowering like this. You get the girlfriend or the wife or you're always the sidekick. You're not the main event," said Sumpter, whose most recent girlfriend role was opposite Kevin Hart in Ride Along 2. "And I think Michelle's the prize, and she knows she's a prize."

Tanne said he wrote the part with Sumpter in mind.

"I just hoped she would say yes," he said.

Tika Sumpter plays a younger Michelle Robinson on her first date with Barack Obama (Parker Sawyers) in the upcoming romantic drama Southside With You. CHRIS PIZZELLO/INVISION/AP/SUPPLIED

Southside With You follows the future first couple on a day-long excursion that Michelle insists is not a date. Barack (Parker Sawyers) has invited her to a community meeting, but first he wants to take her to an art gallery and to lunch. Tanne imagined the dialogue but says he based his screenplay on published reports about the eventual first couple's actual first outing.

The film is set in Chicago and was shot last year in Michelle Obama's hometown neighbourhood.

Tanne and Sumpter said the Obamas are aware of the film, which premiered at the Sundance Film Festival in January, but have not seen it. The White House was not consulted about the project and has yet to provide any official response to the film.

Sumpter hadn't intended to be so pregnant as she promoted Southside With You, but the 36-year-old says the timing is actually perfect. Producing a film, carrying her first child and playing the future Mrs. Obama has left the actress feeling like she can accomplish anything.

"It was not planned, but it's like one of the best experiences I've ever had," she said. "I feel like I'm going to pop right now but I have an empowerment with the baby here. She's giving me strength and she's why I do what I do and it's bigger than me."

Sumpter will continue to produce and is already developing her next project: a TV series with John Legend's production company. Sumpter hasn't revealed what role she'll play, but says it's another creation being born.

"That's what I feel like. It's just a lot of things coming to a culmination and being birthed," she said. "It's exciting."

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7 BOMBS OF THE SUMMER BLOCKBUSTER SEASON

This season of would-be blockbusters is giving Hollywood attention for all of the wrong reasons — so many failures that are costing studios hundreds of millions. Let's reminisce about the big-budget, small-reward movies we never bothered to see this summer, shall we? TORSTAR NEWS SERVICE/SUPPLIED

1 Alice Through The Looking Glass

Budget: $170 million (all figures U.S.). Domestic gross: $77 million. Rotten Tomatoes: 30%. Further proof of Johnny Depp's fallen star — and that of his frequent collaborator, Tim Burton — although the movie performed far better overseas, pulling in another $217.4 million.

2 Ben-Hur

Budget: $100 million. Opening weekend (North America): $11.2 million. Rotten Tomatoes: 28%. The remake only opened on Friday, and already Ben-Hur is considered the summer's biggest fail. Mazel tov!

3 Warcraft

Budget: $160 million. Domestic gross: $47 million. Rotten Tomatoes: 28%. The big-budget game adaptation is Lord of the Rings without heart or narrative, but lots of ugly creatures punching each other.

4 The BFG

Budget: $140 million. Domestic gross: $53.8 million. Rotten Tomatoes: 62%. The reviews were warm, or lukewarm, for this Roald Dahl adaptation, but audiences stayed away, making it the worst wide opening ever for a Steven Spielberg film.

5 Star Trek: Beyond

Budget: $185 million. Domestic gross: $146.9 million. Rotten Tomatoes: 83%. While it's not as great a disaster as Ben-Hur, the latest Star Trek instalment had a huge budget (not to mention marketing costs) to recoup, and the results amount to a massive disappointment in this, the 50-year anniversary of the sci-fi franchise.

6 Teenage Mutant Ninja Turtles: Out of the Shadows

Budget: $135 million. Domestic gross: $81.9 million. Rotten Tomatoes: 38%. Not even Megan Fox could coax the franchise's aging fans out of their shells.

7 Independence Day: Resurgence

Budget: $165 million. Domestic gross: $102.3 million. Rotten Tomatoes: 32%. We're baa-aack, said the aliens. To which the Earth responded with a half-assed shrug.

Ex-squeeze me, could Wayne make a comeback?

Mike Myers and Dana Carvey as Wayne and Garth. CONTRIBUTED

INTERVIEW

Mike Myers won't dismiss revisiting iconic character

Party time, excellent: The film Wayne's World turns 25 next year and creator Mike Myers says he wouldn't be against revisiting the titular character again.

"It would be an interesting examination of Wayne at 50," he said with a chuckle in a recent telephone interview.

"I don't know what it would look like, but the idea of it makes me laugh and Dana (Carvey) and I had a blast at the 40th anniversary, so I don't know."

The Toronto actor-filmmaker was referring to Saturday Night Live's 40th anniversary special in February 2015, in which he and Carvey reprised their Wayne's World rock-worshipping characters Wayne Campbell and Garth Algar.

Myers also appeared on SNL last December, in a cameo in the opening monologue with fellow Canadian Ryan Gosling, who was hosting.

The sketch focused on all things Canada and Myers, wearing a Toronto Maple Leafs Jersey, sang alongside Gosling and bonhomme de neige, the mascot of the Quebec Winter Carnival.

"The bonhomme de neige was my favourite part of it," said Myers.

"This is the thing about Saturday Night Live that's amazing, is, I think that was written on a Thursday ... maybe it was written on a Friday, and I said: 'OK, there's this thing, it's hard to explain, it's called bonhomme de neige.'

"And then all of a sudden, the next day at rehearsal, there's a bonhomme de neige suit and I'm like, 'How do they do that?' It kind of wrecks you from movies because in movies it's like, there are 10 meetings on: 'And what exactly would you like with the bonhomme de neige?'

"Instead (on SNL) ... literally people are like, 'You just made that up,' and it's like, 'No, there really is a thing called bonhomme de neige' — and (the next day) there's Bonhomme. It's crazy."

Speaking of the Leafs, Myers said he hasn't given up on his revered team, despite living in New York.

"I feel like I've said this many times — we're in a rebuilding phase, but it seems like all the elements are in place," he said of how the team is looking for the next season.

"I keep saying it's too much of a heartache and then every September I'm trying to figure out the roster, trying to figure out what the experts at TSN are saying about us."

Myers writes about Wayne Campbell, the Leafs and his entire 53-year relationship with his beloved Canada and his career in a book due out in October.

When asked if he's working on a fourth Austin Powers film, he said: "Everything is being negotiated and worked out and all that stuff."

THE CANADIAN PRESS

"It would be an interesting examination of Wayne at 50. I don't know what it would look like, but the idea of it makes me laugh

Mike Myers

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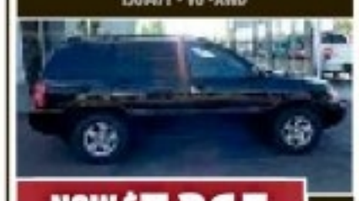

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THE TV DINNER JESSICA ALLEN

Like Dave (in Breaking Away), I've also pretended to be Italian — mostly in the kitchen

For the last 18 years I've travelled the streets of Toronto on my bike.

In the early days, before designated bike lanes arrived on some streets, I quickly learned that police will treat cyclists like motorists: shortly after arriving to the city in '98 for grad school, I received a ticket for running a red light. I've never done it again, $185 later.

Today, I'm equal parts frustrated and bewildered more by my fellow cyclists than motorists: those that don't signal their intent, that breeze past open streetcar doors, and that ride on sidewalks (some even ring their bells at pedestrians!) What confuses me most, however, involves what used to be pretty standard street fare: the right-hand turn.

Today, at most downtown street lights where cars and bikes converge, it's turned into a juggernaut that shouldn't be: "cyclists can either stay behind the vehicle," the Ontario Ministry of Transportation advises me in its safety material, "or pass the right-turning vehicle on the left by shoulder checking, signalling, checking again and then passing on the left. Never pass a right-turning vehicle on the right."

Mostly I just see motorists yielding to cyclists illegally passing on the right. When they don't, I've observed cyclists give motorists the finger, kick their door, and yell at them to get out of the bike lane, which — in most cases — they've legally merged into. Once a cyclist even yelled at me for lawfully yielding to a car. It's almost enough to make you ride the streetcar.

Which is why I dialled up the 1979 classic Breaking Away on Netflix. Nominated for five Academy Awards, including best picture, and taking home a screenwriting Oscar, it's the best biking movie ever made.

OK, yes I know there's not a big pool to choose from, but the film, set in Bloomington, Indiana, during the summer that four friends figure out who they should be after graduating high school, was on steady viewing rotation in my childhood home.

The movie climaxes with a relay bike race that sees the the four "cutters"— colloquial for townies — compete against the rich college kids. Their leader, Dave, is so obsessed with the Italian cycling team that he pretends to be one of them.

Like Dave, I've also pretended to be Italian — mostly in the kitchen, which explains why almost every day this August, I've made panzanella salad. Grill stale bread on the barbecue, add cucumbers, pickled red onions, basil, ripe home-grown tomatoes, vinegar and olive oil and you've got dinner — without turning on the oven.

Besides nostalgia, I also owe a lot to this film, professionally speaking. Back in 2011, an editor at Maclean's thought it would be fun for the magazine's editorial assistant, me, to report from TIFF red carpets. First up was Moneyball, where I posed the profound question of: What's your favourite sports movie? Chris Pratt and Amy Ferris politely obliged. After naming Raging Bull, Field of Dreams, and A League of Their Own, Ferris dropped in Breaking Away and I lost my mind. "Breaking Away? Breaking Away!" I screamed at them. "I rode my bike here!" My festival coverage that year was nominated for a National Magazine Award. I didn't win, but I did ride my bike to the gala.

Jessica Allen is the digital correspondent on CTV's The Social.

FILM BRIEFS

Dwayne Johnson top earner in Hollywood

Dwayne Johnson elbowed Robert Downey Jr. aside to become the highest-paid actor with a fast and furious income of $64.5 million, according to Forbes magazine.

The former wrestler beat out Jackie Chan with $61 million and Matt Damon, who earned $55 million. The rest of the top five on the list, released Thursday, included Tom Cruise with $53 million and Johnny Depp with $48 million.

The top guys make more money than the top ladies. Forbes' list of the highest-paid actresses, released earlier this week, put Jennifer Lawrence on top with $46 million, Melissa McCarthy with $33 million and Scarlett Johansson with $25 million.

THE ASSOCIATED PRESS

London's ITV won't pursue eOne deal

BUSINESS

English media company says Canadian corp's price too high

Canadian company eOne was behind the film Spotlight.
CONTRIBUTED

ITV PLC says it's no longer interested in making a takeover offer for the Entertainment One film studio and distribution business, which has roots in Canada.

London-based ITV — which has Britain's largest private-sector television network and other entertainment businesses — says it still believes in the logic of combining with eOne, but the two sides are too far apart on price.

EOne shares jumped two weeks ago after ITV's initial proposal became public, but fell back in Thursday trading.

They were down about 16 per cent in afternoon trading, but still above their Aug. 8 close when reports of an impending takeover offer began to circulate.

Entertainment One confirmed on Aug. 10 that it had received and rejected a proposal from ITV, but eOne's share price continued to rise on speculation of a higher bid.

The company had valued ITV's proposal at 236 pence — about $4 CDN per share or $1.87 billion on Aug. 10 — but said it wasn't enough.

ITV issued a statement Thursday saying its view of eOne's value "is different to the level at which the board of eOne would currently engage in a more formal process."

Among other things, Entertainment One was behind the movie Spotlight and the AMC television drama The Walking Dead.

In total it has about 40,000 film and television titles.

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Outrage over fresh hack attack on actress Jones

Comedian and actress Leslie Jones has been targeted by online trolls since her role in the remake of Ghostbusters attracted racist criticism. RICH FURY/INVISION/THE ASSOCIATED PRESS

ONLINE HARASSMENT

Investigators launching race and hate probe

Department of Homeland Security investigators said Thursday they are looking into the hack of Leslie Jones' website.

U.S. Immigration and Customs Enforcement, part of Homeland Security Investigations, said its New York office is investigating the hack that exposed the driver's license, passport and intimate photos of the Saturday Night Live star, along with hateful and racist images.

Jones' website was taken offline after the hack was exposed Wednesday.

The Ghostbusters actress was also targeted on Twitter last month with a barrage of racial slurs and obscene photos.

Several celebrities supported Jones on social media following the incident. Ghostbusters filmmaker Paul Feig called it an "absolute outrage."

Jones' SNL cast mates also expressed outrage about the hacking. Aidy Bryant said she was "so angry, disgusted and sad about this racist violent assault on Jones." Taran Killam said the hackers are "the worst of humanity, where she is the best."

The celebs' online rallying wasn't enough for Rebecca Carroll, author of such books as Saving The Race and Sugar In The Raw. She said people in positions of power need to "go deeper."

"Where is the practical response to this grotesque, debilitatingly mean-spirited violence?" she said. "It's one thing to offer her digital apologies for others' racism. It's another to actually take a stand to help eliminate it from our society."

Jones briefly quit Twitter last month after facing racial slurs, obscene photos and comments. She called on the social networking service to do more to curb harassment on the platform.

Twitter banned several users, including conservative provocateur Milo Yiannopoulos, the technology editor of the right-wing site Breitbart News. Yiannopoulos initially posted Wednesday on Snapchat that "karma's a (expletive)" but then said "just heard about Leslie Jones" and "ignore that karma thing."

"I know we had our differences after my review of Ghostbusters, but I wish her all the best at what must be a deeply upsetting time. Milo Yiannopoulos

"Turn our anger at trolls into love for Leslie Jones and into strategies to protect all the heroines who don't deserve this (expletive). Lena Dunham

"I was distressed to hear that Leslie Jones had been hacked and naked pictures of her have found their way online," Yiannopoulos said in a statement.

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Animation studio facing complaint

OVERTIME ISSUES

Standards case filed against Sausage Party production arm

David P. Ball
Metro | Vancouver

A scene from Sausage Party, released by Sony Pictures. COLUMBIA, SONY PICTURES VIA THE ASSOCIATED PRESS

Seth Rogen's R-rated animated film Sausage Party is almost certainly not safe for work.

But according to a complaint filed by Canada's largest private sector union, the $70-million-grossing blockbuster may have been "not fair for workers" either.

On Tuesday, a Unifor union organizer told Metro she filed a third-party complaint at the Employment Standards Branch against Nitrogen Studios over allegations that some animators were not paid for their overtime work for the Vancouver-based studio.

"Nitrogen wouldn't be the first time we've heard complaints of unpaid overtime," said Jennifer Moreau, vice-president of Unifor Local 2000, in a phone interview.

The allegations surfaced in Hollywood Reporter, which reviewed a letter signed by roughly 30 animators who worked on Sausage Party for Nitrogen. The letter alleged "unfair pressure tactics … used against the team: intimidating staff into working past official studio hours, disciplinary measures utilizing fear tactics that demotivate and cause distress (such as threatening to terminate employment)."

Moreau had since heard from one of the animators, whom she said "corroborated most of" the allegations.

"These comments are not surprising given the nature of the industry in Vancouver," she added. "Most of these animators and visual effects workers are working on contract, they're not unionized, and they work long hours."

On Wednesday, a major film industry union joined the fray, reaching out online to Nitrogen contractors to offer support.

On its website, the International Alliance of Theatrical Stage Employees, Moving Picture Technicians, Artists and Allied Crafts (IATSE) said that the Nitrogen allegations "are just the latest in a long history of (visual effects) employees enduring a lack of basic workplace standards and conditions, including non-payment of wages."

Nitrogen Studios would not be interviewed Thursday, but in an email to Metro the company's president, CEO and executive producer denied the allegations entirely.

> **Our production adhered to all overtime laws.**
> Nicole Stinn, line producer

"We have been monitoring the situation and take these allegations very seriously," wrote Nicole Stinn, also listed as line producer for Sausage Party. "Nitrogen Studios followed all employment regulations, so the claims are unfounded. Nitrogen also fulfilled all of its contractual obligations with its employees."

None of the allegations in the complaint letter could be independently verified by Metro. Moreau said she hoped more animators would consider coming forward.

"If any of the animators want more help on this," she said in an email, "our doors are open."

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Krasinski's ode to little dramas

INTERVIEW

Star of intimate The Hollars laments shift in Hollywood

John Krasinski is pretty sure some of his favourite movies wouldn't get made in today's Hollywood. Films like The Verdict, Kramer vs. Kramer, Ordinary People and other small dramas of that ilk seem to be even rarer and rarer in the ever-dwindling slate of studio films. Krasinski feels the absence both as an audience member and an actor.

"People feel defined by those movies," Krasinski said in a recent interview at a hotel just off the Sunset Strip. "Imagine if The Verdict hadn't been made or whatever your favourite is!"

That's part of the reason he threw his weight behind The Hollars, an intimate portrait of a family brought together when the matriarch is hospitalized with a brain tumour, which he produced, directed and stars in. The Hollars has been doing the festival circuit since premiering at the Sundance Film Festival earlier this year and comes out Friday in limited release.

"It's not that those are the only stories that should be told, but in a landscape of huge budget movies you want to remember where we're from," he said.

For the Hollar family, that's literally a quaint suburban home in Ohio (although they shot in Mississippi). John (Krasinski), a struggling graphic designer living in New York with his very pregnant girlfriend (Anna Kendrick), hops on the first plane back to the Midwest when he hears about his mother's (Margo Martindale) tumour. There he gets wrapped up in the everyday dramas of life in close proximity to family, like his father's (Richard Jenkins) financial troubles and his brother's (Sharlto Copley) divorce.

It was a reunion, of sorts, for Krasinski and Martindale, who first crossed paths on a Marshall's commercial 17 years ago. It was Krasinski's first job ever.

"I knew he was special," Martindale says. "We talked all day and he was incredibly deep and smart and he was adorable and had charisma beyond. I said, 'If I had some money, I'd bet it all on you.'"

Krasinski remembers calling his mother after that day to tell her that Hollywood people aren't bad after all. "I've been in love with her as a person ever since. As I've started to grow as an actor and understand what I'm doing, you realize that she is so exceptional at what she does," Krasinski said of Martindale. "Part of the reason I cast her is because I thought if I could be around her I'd get better."

The film marked Krasinski's second time in the director's chair. His first feature was an adaptation of David Foster Wallace's Brief Interviews with Hideous Men. It's an experience he chalks up to a time of blissful ignorance. His cinematographer, John Bailey, told him after they wrapped that there were land mines all around him.

"I went about directing purely out of my heart which was great, but the problem with (that) is if something stumbles, you're going to get obliterated," he said.

This time Krasinski went in with "both eyes open." He didn't want would-be disasters to be kept from him, which sometimes meant harried scrambling to figure out the next day. One day into shooting, for instance, Krasinski found out that the hospital they planned to use for a significant portion of filming was no longer going to let them shoot there. That night, he and his production designer hopped in the car and tried eight different hospitals before finding one that would allow them to film.

"If that had happened on Brief Interviews I would have quit the business," he said.

Krasinski endeavoured to create a homey environment during the shoot, where some of the production lived together in a rented home and others in close proximity in a Holiday Inn Express.

Acting in the film also brought him closer to his cast, which turned out to be essential in creating a family that looked and felt authentic.

"It was this beautiful thing where it kind of felt like a play, or, as Margo said 'a home video' which I thought was interesting," he said. "Like we were a real family that someone was capturing."

The film also had a profound impact on Krasinski's life with his wife, actress Emily Blunt, and their two young daughters.

"It's one of the reasons Emily and I moved back to New York," he said.

"Truly the experience of this movie and having kids at the same time all made me think I want to be closer to family. There is something bigger in this movie, bigger than all of us in it. We tried to make a movie that felt like your family is in there, like your life is in there."

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It was this beautiful thing
John Krasinski on The Hollars

John Krasinski. THE ASSOCIATED PRESS

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Actor Steven Seagal enjoys a Belorussian carrot.
THE ASSOCIATED PRESS

POLITICS

Seagal savours harvest crunch

Belarus President Alexander Lukashenko has treated American action hero Steven Seagal to a harvest of carrots and watermelons at his country residence.

Seagal, 64, is not new to Eastern Europe. He often visits Russia to socialize with Russian President Vladimir Putin.

Lukashenko on Wednesday hosted Seagal at his residence north of Minsk, the capital, and treated him in front of television cameras to traditional Belarusian food like lard.

> **Suffice it to say that I know him well enough to know that he is one of the greatest world leaders.**
> Seagal on Putin in 2013

The footage from the visit showed Lukashenko peel a carrot and hand it to Seagal to try it.

During last year's harvest, Lukashenko, who has been described as Europe's last dictator by U.S, authorities, hosted French actor Gerard Depardieu and gave him a lesson in hand scything. Seagal has a consultancy contact with a Belarusian online game developer.

THE CANADIAN PRESS

Jason (Byrd) Dickens had a minor role on the TV series Degrassi High. HANDOUT

Ex-Degrassi actor charged with child porn

INVESTIGATION

Dickens among four people accused of sex crimes

A former actor, his partner, and two other women have been charged with various sex and child pornography offences following an eight-month investigation, Toronto police said Thursday.

Jason (Byrd) Dickens, who played a minor role in the TV series Degrassi High, and Dylan Anne (Doll) McEwen also face bestiality charges unrelated to children.

"The investigation has resulted in the rescue of children who were not only being sexually abused, but then further exploited by having this abuse permanently captured by the recording of it," said Insp. Pauline Gray. "We are concerned there may be more victims."

The arrests followed a search of a Toronto home and workplace in April in which police say they found evidence a couple was sexually abusing children and animals, and were making images and videos of the child abuse and distributing them online.

As a result, police charged Dickens, 45, and McEwen, 31, both of Toronto, with several child pornography and sexual assault counts, along with bestiality offences related to unspecified animals.

Dickens acted in 10 episodes of Degrassi High between 1989 and 1991, playing the role of Scott Smith, the abusive boyfriend of the character Kathleen Mead, before switching into film and TV production.

Following further investigation and an analysis of seized electronic devices, police alleged Dickens and another woman had sexually abused a child and committed offences related to child pornography over six years starting in 2000.

Dickens faces additional charges related to these occurrences while a woman, 57, of London, Ont., has been charged with sexual assault and child pornography offences. Police did not name her. Also charged with making child pornography is Tina Ewen, 25, of Thunder Bay, Ont., who police allege met Dickens online.

THE CANADIAN PRESS

GOSSIP BRIEFS

Appeal for Blurred retrial
Attorneys for Robin Thicke and Pharrell Williams have asked an appellate court to overturn a copyright infringement verdict over the 2013 hit Blurred Lines. An opening brief contends the case should never have gone to trial and the verdict should be overturned, or a new trial ordered. The case centred on whether Thicke and Williams copied the Marvin Gaye hit Got to Give It Up.
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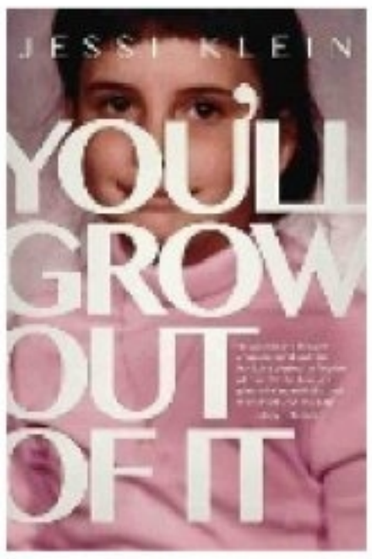
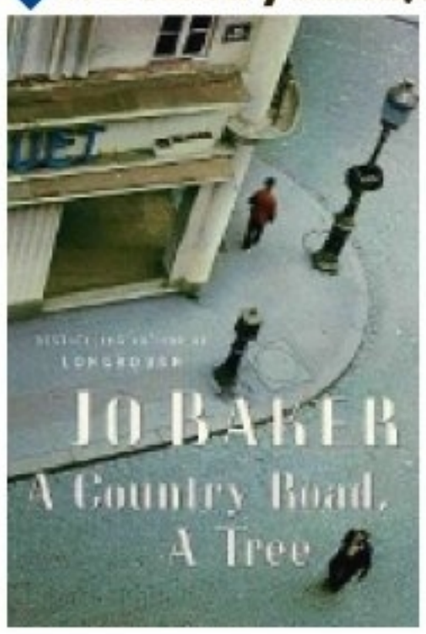
1 You'll Grow Out of It, Jessi Klein

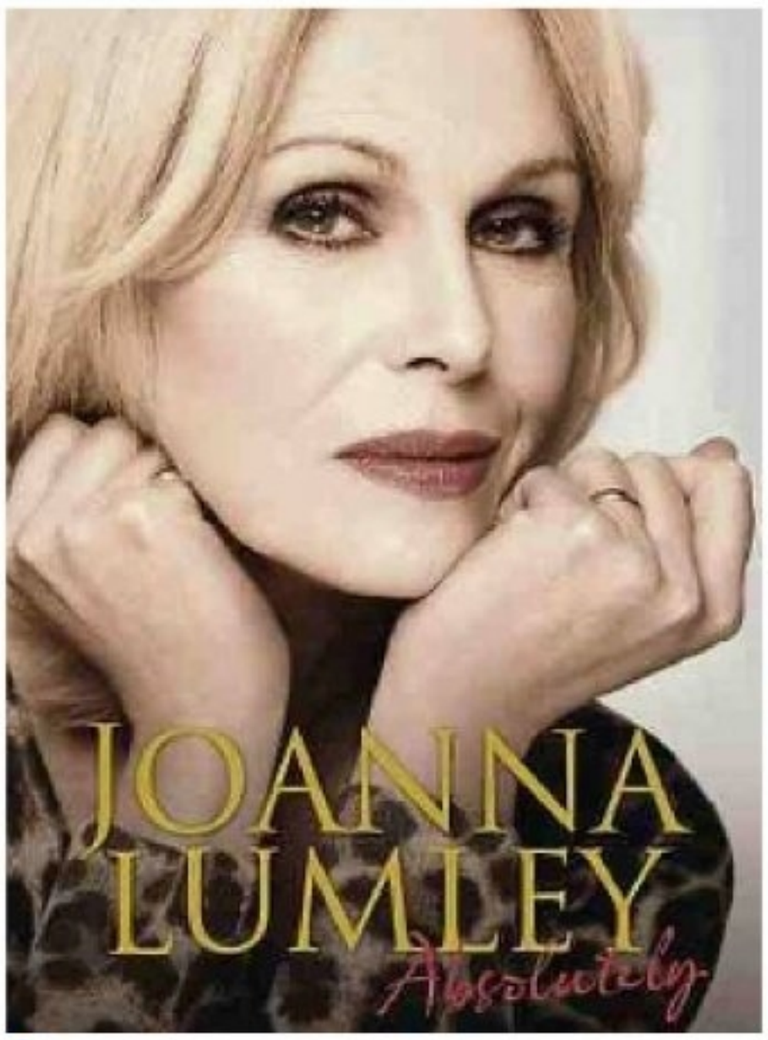


Jessi Klein has excellent comedic credentials: she's head writer and executive producer of Inside Amy Schumer, and she's worked as a writer for Transparent and Saturday Night Live. Her new book is a memoir in essays and it's an excellent showcase for her self-deprecating, transgressive humour. The grist for her mill includes such topics as "tom men," girls who never grow out of their tomboy phase; her obsession with Anthropologie shops; the pleasures of watching The Bachelor; lingerie and other manifestations of the "thong-industrial complex"; and more — two dozen essays in total.

2 A Country Road, A Tree, Jo Baker



Jo Baker's last novel, Longbourn, a spin on Pride and Prejudice, focused on the servants toiling at the Bennet's middle-class home, their lives markedly more difficult than those of their employer. Her new novel is the real-life story of Samuel Beckett, the famed Irish-French writer, and the role he played during the Second World War — from the Nazi occupation of Paris in 1939, through his work for the French Resistance and his subsequent betrayal, until the end of the war (and the beginning of his creative self-discovery).



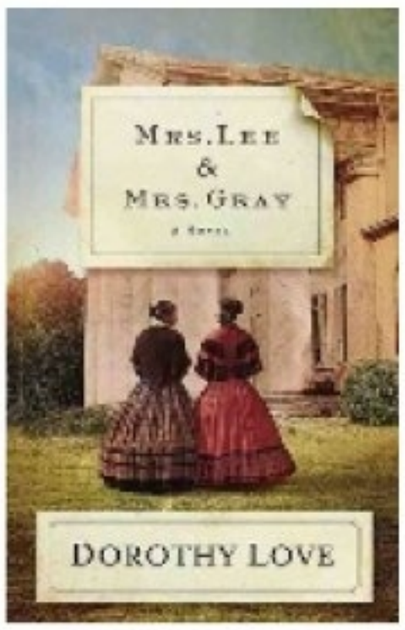
3 Absolutely, Joanna Lumley

North American audiences know Joanna Lumley for her Absolutely Fabulous alter ego, Patsy Stone. Her scrapbook memoir, Absolutely (with this paperback edition out presumably to coincide with the release of Absolutely Fabulous: The Movie) offers a more textured portrait, with a lifetime of photos and memorabilia: as a child in Kashmir and Malaya, as a London model, as a glamour girl in films and TV shows, notably as Purdey on The New Avengers. Lumley is now 70 and this nostalgic book will appeal to anyone who pines for the days when England swung like a pendulum.

4 James Joyce: Portrait of a Dubliner, Alfonso Zapico

Alfonso Zapico's graphic biography of James Joyce won Spain's National Comics Prize when it was published there in 2011 and was warmly received when it was published in Ireland soon after. In hundreds of panels over 228 pages, Zapico tells the story of the young Jim Joyce growing up in Ireland, and his self-imposed exile as an adult in Paris, Trieste, Rome, London and Zurich, where he died in 1941. Now available in North America, it is an outstanding example of how far the art of cartooning has come and its potential for nuanced storytelling.

5 Mrs. Lee & Mrs. Gray, Dorothy Love



Hillary Clinton's historic nomination for president, and America's focus on feminism and race, gives Dorothy Love's new novel particular resonance. It is the fictionalized retelling of the true story of Mary Lee, the enlightened wife of Confederate General Robert E. Lee (and also George Washington's great granddaughter), and Selina Norris Gray, who as a child learns her ABCs at a schoolroom for slaves established by Mary and her mother. As an adult, Selina becomes Mary's lifelong confidante and housekeeper. Love specializes in historical novels with strong Southern women at their heart.

CONTROVERSY

Sarah Jessica Parker cuts ties with EpiPen over price hike

Saying she is "disappointed, saddened and deeply concerned" by the price hike of the EpiPen, actress Sarah Jessica Parker has cut ties with the company that makes the emergency allergy treatment.

Parker, whose 13-year-old son James Wilke has severe peanut and hazelnut allergies, was part of a short campaign with pharmaceutical giant Mylan N.V., maker of the EpiPen. She was never a spokeswoman.

The company is facing heated criticism about the average cost of the EpiPen climbing more than 600 per cent over the past decade.

Parker took to Instagram on Thursday to distance herself from the company and urged it to "take swift action to lower the cost to be more affordable for whom it is a life-saving necessity."

A representative for the actress confirmed the statement was accurate.

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Sarah Jessica Parker. THE ASSOCIATED PRESS

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Hip-hop artist Jandro briefly shut down Route 66 in New Mexico with twerking, lowriders

Havana sights

ART AT EVERY CORNER From pop music streaming out of colonial buildings to charming alleyways with hip-hop inspired street art to traditional dance performed in the streets, Havana's rich history plays with its youthful side.

ALL PHOTOS GRACE LISA SCOTT/FOR TORSTAR NEWS SERVICE

CULTURE

Music and art a constant in Cuban capital

Grace Lisa Scott
For Torstar News Service

Old Havana, on a hot Saturday afternoon, is almost more than the eyes can handle.

Along the narrow streets, residents yell from their windows, vendors sell tropical fruit from wooden carts, and restless cab drivers dart in every direction. Among the cacophony and colour, two things remain constant: music and art.

Pop songs pour out of doorways as tenants sit on sidewalks, observing the flow of activity. A stroll on these inner-city sidewalks reveals street art and public installations among the bright colonial façades.

From inside a house beside an 18th-century church, a band practises a heavy electric version of Mark Ronson's Uptown Funk.

This is the vibe in this friendly metropolis, where Cuba's rich history plays well with its youthful side.

A wonderful example of this duality of culture comes in the form of the Gran Teatro de La Habana Alicia Alonso, right across from Parque Central.

Built in the early 19th century, this palatial theatre is just one of the many historical buildings swept up in a wave of restoration throughout Old Havana. It re-opened its doors in January.

The home of Cuba's national ballet, this is the place to catch homegrown performers of a world-class calibre.

Thursday to Sunday, a journey to the central neighbourhood of Vedado is well worth it to wander the artistic labyrinth of the Fabrica de Arte Cubano, or FAC.

A converted warehouse run by the Ministry of Culture, lets visitors roam the multi-use arts space. From 8 p.m. to 3 a.m. there is art, music, movies and cocktails to take in along the way.

A trip to the upper floor reveals a painting and photography exhibit and downstairs an energetic young band called Nube Roja play funk-influenced pop to a packed crowd of dancers.

After a night at the FAC, a worthy mellow Sunday activity is a visit to Callejon de Hamel, a narrow alleyway in Central Havana filled with surrealist sculpture, vivid murals, and barbecue smoke.

The brainchild of Cuban artist Salvador Gonzales Escalona, the painted walls and sculpture park of Callejon de Hamel is an artistic ode to the vibrant African culture of Cuba, and every Sunday afternoon Afro-Cuban rumba bands and traditional dancers perform in the alley for locals, their kids and a smattering of tourists.

Dance, drink and eat an amazing barbecued chicken sandwich prepared in front of customers, all the while feeling like a guest at the coolest Havana block party of the year.

It's certainly easy to enjoy the hustle and bustle of Havana from the comfort of one of its many patios, whiling away the hours drinking mojitos in the sun.

And it's a decent option — the Hotel Inglaterra near Parque Central, for instance, is a prime people-watching location.

But a few trips into Havana's cultural scene are too valuable to miss. After all, with all the commotion, what better way to hear the city's heartbeat.

Grace Lisa Scott's trip to Cuba was partially sponsored by G Adventures, which didn't review or approve this story.

IF YOU GO ...

Getting there
Air Canada flies direct to Havana year-round. A cab from Jose Marti International Airport into Old Havana should have a flat rate of roughly 25 CUC ($32.25).

Cash coverage
Cuba has two currencies, the Cuban Convertible Peso (CUC) for tourists, and the Cuban Peso (CUP) for residents. Everywhere you go will the airport or at exchange houses in the city. Plan to travel with cash in Havana, as local businesses don't accept debit or credit cards.

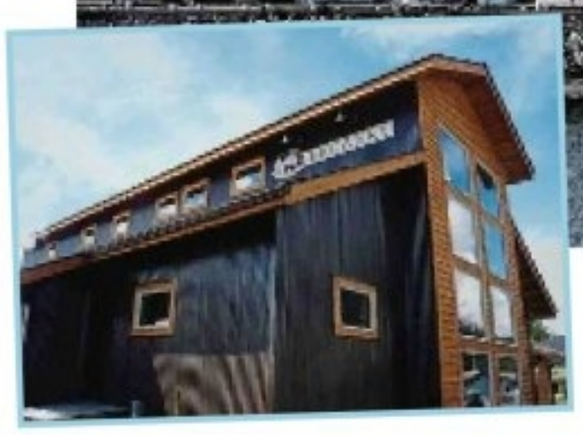
Awesome Alaskan attractions

THE NORTH

Small town of Haines offers craft brews, giant hammer

Jennifer Foden
For Metro Canada

Haines, Alaska, just 65 kilometres from the Canada/U.S. border, offers a brewery experience you won't get back in the city. ALL PHOTOS JENNIFER FODEN/FOR METRO



I'll admit, I've impatiently waited in line to get into some trendy craft beer bar or brewery before, but this is not a story about one of *those* moments. Sure, I was waiting, and it was for craft beer — but I did it surrounded by mountains in Haines, Alaska, population 2,500.

Haines, 150 kilometres northwest of Juneau, was once the stronghold of the wealthy Chilkat Tlingit people, and was put on the map in the late 1800s when a former trade route was turned into a toll road for miners looking to reach the Klondike.

This charming town, 65 km from the U.S./Canada border, is a little piece of Alaskan paradise.

Located on a peninsula between the Chilkat and Chilkoot Inlets and surrounded by the Takshanuk Mountains, Haines has the looks.

It has the personality too: The town has plenty of gems that feel authentic and unique, unlike other popular spots in the region that pride themselves on kitschy experiences like lumberjack shows and salmon bakes. Must-sees include the Chilkat Bald Eagle Preserve — between October and February, Haines has the largest concentration of bald eagles in the world — and The Hammer Museum, the world's first museum dedicated solely to hammers.

My favourite however was — surprise, surprise — Haines Brewing Company. It's amazing that this microbrewery has flourished in a place so small. Travellers play a part of course, but Haines is a bit off the beaten path. The town sees more than 175,000 visitors a year including cruise traffic, which might sound like a lot, but compare that to Juneau's more than 1.3 million.

It has been around since 1999, but reopened in downtown last year on property where an elementary school used to sit.

The beer selection is diverse and really tasty (try the Lookout Stout, a smooth, dark stout; and the Eldred Rock Red, an American red ale with caramel malts). Add to that the stunning Alaskan scenery, and waiting in line never looked so good.

The Hammer Museum is the first in the world to dedicate itself to its namesake.

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Scenic view of the Nicklaus North Golf Course.
MIKE CRANE/TOURISM WHISTLER

Top-notch tee offs in the mountains of Whistler

BRITISH COLUMBIA

Resort town ranks among best golf spots

Brian Kendall
For Metro Canada

Whistler is a fun-packed town no matter the season.

In winter, skiers from around the world challenge the slopes of a British Columbia village that, together with Vancouver, hosted the 2010 Winter Olympics. Even bigger crowds arrive in summer to golf, hike and savour the mountain scenery.

With three top golf courses within a five-minute taxi ride of town, and another a short drive up the highway, Whistler ranks among the best — and most convenient — golf destinations in North America.

Golf was added to Whistler's tourism mix in 1983 when municipally-owned Whistler Golf Club opened within shouting distance of a colourful, walking-only inner village that includes dozens of restaurants, hotels, shops, bars and outdoor patios.

Designed by Arnold Palmer, this strong layout is set in a serpentine valley dotted with nine lakes and cut by two creeks. Another attraction is the club's charming outdoor patio, an ideal spot to ponder how to spend the rest of your day. Adrenaline junkies might opt for white-water rafting on the Green River, a zip-line trek across Fitzsimmons Valley, or a mad charge down the slaloms of the world's largest downhill bike park.

No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs during my round at Nicklaus North Golf Course. Slowly building momentum, this Jack Nicklaus-designed layout switches into high gear on a back nine featuring three strong par threes, all of which bring water into play.

With the successful launch of acclaimed courses by Palmer and Nicklaus, golf's two biggest stars, Whistler emerged as one of North America's most talked about new golf destinations.

In 1993, the Fairmont hotel chain unveiled what purists maintain is Whistler's only true mountain course. Unlike the Palmer and Nicklaus designs, which roll gently across the flatlands of the valley floor, Fairmont Chateau Whistler Golf Course is carved through the lower slopes of Blackcomb. During the opening three grinding uphill holes at this Robert Trent Jones Jr. design, golfers experience an elevation change of more than 300 feet.

There's so much going on in Whistler that many visitors never stray beyond the town limits. But it would be foolish for any serious golfer to come this far and not play Big Sky Golf and Country Club, about 25 minutes north in lovely Pemberton Valley.

Sheer-faced and massive, Mount Currie looms like a granite god over a brawny valley design by Bob Cupp defined by twisting creeks and seven lakes. Beware the fourth hole, not coincidentally named Purgatory. Water snakes across the fairway no fewer than four times on this 600-yard par five. Even the end of your stay in Whistler doesn't have to bring a stop to the fun. The drive south to Vancouver along the winding Sea-to-Sky Highway is one of the most picturesque in Western Canada. Just past the historic mining town of Squamish, look on the right side of the highway for a 211-yard par three set on a rocky peninsula thrusting into Howe Sound. That's the signature hole of Furry Creek Golf and Country Club. If time permits, stop and play an outrageous thrill ride of a course that's so difficult it's best not to keep score.

“No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs.

For more golf travel stories, visit Brian's website at canadiangolftraveller.com

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HEALTH AND WELLNESS

Four easy ways to keep your body on the move

ISTOCK

As the days get cooler, it's easy to get off track from your daily activity goals with fun summer activities such as swimming and beach volleyball no longer an option. However, accomplishing 30 minutes of exercise per day can be easy with the right motivation and equipment. Here are some easy ways to get your recommended daily exercise, all year long.

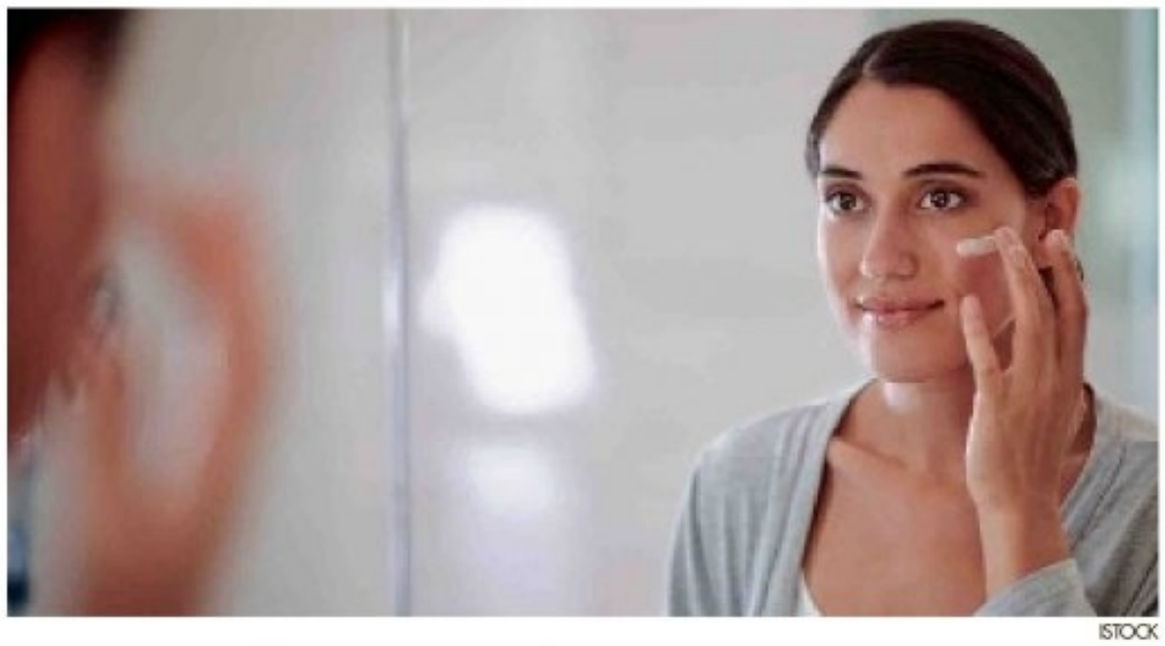
1. Dress for the weather. If you enjoy exercising outside, dressing for the weather can make those 30 minutes more enjoyable. Get in that run or walk by wearing a jacket that has warm fabric and stretch like the McKinley Hunterville fleece available at Sport Chek.

2. Workout while getting housework done. It may be tempting to hire someone else to do your housework, but these chores can also contribute to your daily physical activity. Cleaning the gutters, raking the yard and removing any leftover plants or weeds in the garden can get the body moving and work up a sweat.

3. Clear up some space. Push that couch and coffee table aside and make your living room or basement a mini gym. There are many workout videos available online to follow, and you can even find one to target a specific body part. All you need is a workout mat and a couple of accessories like a skipping rope, tension band and weights — you can get all of these training items at stores like Sport Chek.

4. Exercise while socializing. Instead of inviting friends and family over for a sit-down coffee, take the coffee to-go and head outside for a brisk walk. Not only will you get some social time, but having someone else to exercise with will help motivate you in your exercise goals. For those longer social walks, make sure you have a good pair of walking shoes.

News Canada



ISTOCK

Natural cream heals skin safely

It's not easy living with eczema as thousands of Canadians can attest to — but there is hope for those who suffer.

While the market is flooded with eczema remedies, one in particular is garnering attention for its effectiveness — Jian Pai Natural Skin Healer.

Montreal-based distributor Canada Orient International Trade spokesperson M Chen says the product is not only highly effective but also completely safe as it is 100 per cent natural with an NPN issued by Health Canada.

"Jian Pai cream helps heal or reduce eczema long term and it can be used on the face without risk. This cream is suitable for everyday use and is effective for most skin problems by applying only once," she explains.

"For example, one girl suffered from extreme eczema all over her body since she was very young. Different medications didn't seem to work for her but she did finally get better after using Jian Pai Natural Skin Care Healer in just 12 days."

Unlike a lot of products on the market that can help skin conditions, Jian Pai Natural Skin Healer doesn't contain hormones that may produce side effects in many users, Chen adds.

In order to ensure the efficacy of Jian Pai Natural Skin Healer, it is recommended to take a bath or shower with warm water prior to applying the cream. Removing scab and old skin can facilitate the penetration of skin cream.

A new alternative to eye glasses

New, minimally invasive alternative to LASIK is now available at the Gimbel Eye Centre. The EVO lens has now been approved for surgery in Canada, and Gimbel is one of the first to be providing this unique option for patients who want to enjoy the benefits of vision correction, without the concerns of more traditional laser surgery.

The new EVO lens (already performed in over 500,000 surgeries worldwide) does not remove any tissue, is fully removable, and is a fast procedure to perform and heal from. The procedure does not induce dry eye syndrome and allows for excellent night vision.

"Patients aged 18 to 45 are often perfect candidates for the EVO lens, and we have many clients who have been waiting for the lens to be approved for use in Canada" says Gregg Becker, COO for the Gimbel Eye Centres. "Many have wanted to get rid of their glasses for years, but weren't comfortable with having their cornea surgically altered."

The process is especially good for patients whose thin cornea or high prescription may not have allowed them to be a good candidate for traditional laser procedures. Since no tissue is

ISTOCK

removed, the EVO lens is a great natural compliment to your eyes, which remain intact after the surgery.

It's just another reason why Gimbel Eye Centre is a pioneer in safe and high quality service for over 50 years in Alberta as it continues to lead the industry in innovation.

"Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new and the procedures they pioneered are now common across the industry," Becker adds.

For more information, visit gimbel.com.

The exam to take before your child goes back to school? A vision test

As each family prepares for the upcoming school year, they do so in their own way. Usually the focus is on buying new books or gym gear, but one thing that shouldn't be overlooked is your child's annual eye exam.

A recent survey showed that 61 per cent of parents mistakenly believe they would know if their child was having vision difficulties.

"One in four school-aged kids will suffer from an eye problem that may not have noticeable symptoms," says Dr. Sal Jivraj of the LensCrafters Market Mall Eye Clinic in Calgary. Dr. Sal was selected to be the Eye Doctor for the Pan Am Games in 2015, not only giving him an incredible opportunity to provide quality eye care to the word's best athletes but also to educate them on the importance of regular eye exams. He feels even stronger about children's vision. "Eighty per cent of a child's learning is obtained through vision so I can't stress enough how important it is to bring your child in for an examination. We recommend an annual visit and we remind families that the exam is covered by Alberta health care."

An undetected eye problem may delay your child's development resulting in them falling behind at school. Or worse, a child with an with

CONTRIBUTED

an unnoticed vision issue can be misdiagnosed with learning difficulties as reading, writing and prolonged concentration may frustrate them which could, in turn, lead to behavioural problems.

The doctors at Market Mall Eye Clinic understand that children's eyes are still developing and that even minor vision difficulties can interfere with their education. With this in mind, Market Mall Eye Clinic is intent on providing your child with the best possible optometry care to help them maximize their potential at school. Visit marketmalleyeclinic.com to book an appointment.

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THE PHYSICAL TOLL OF A NEW BABY AT HOME

Having a new baby at home is an exciting time but it's no secret that can also be stressful and challenging in many ways.

Most new parents probably expect long days, sleepless nights and mental exhaustion but often unexpectedly the physical toll having a new baby at home can wreak havoc to your body, according to Edmonton-area chiropractor Dr. Brian Gushaty, who has some tips for new parents when it comes to preventing injuries at home with a newborn.

"The most common problem area for new parents is the lower back. Babies may look light, but the constant bending over and picking up can cause problems. However, there are ways to prevent and treat the pain associated with these new stresses," Gushaty says.

Firstly, there is a right way and a wrong way to carry your baby — and it's best to learn the right way before you injure yourself.

"New parents know that everybody has a different opinion when it comes to carrying your baby around but the general consensus among experts is to hold your baby as close to the center of your body and as high as possible. The closer the baby is to your center, the less pressure on your back."

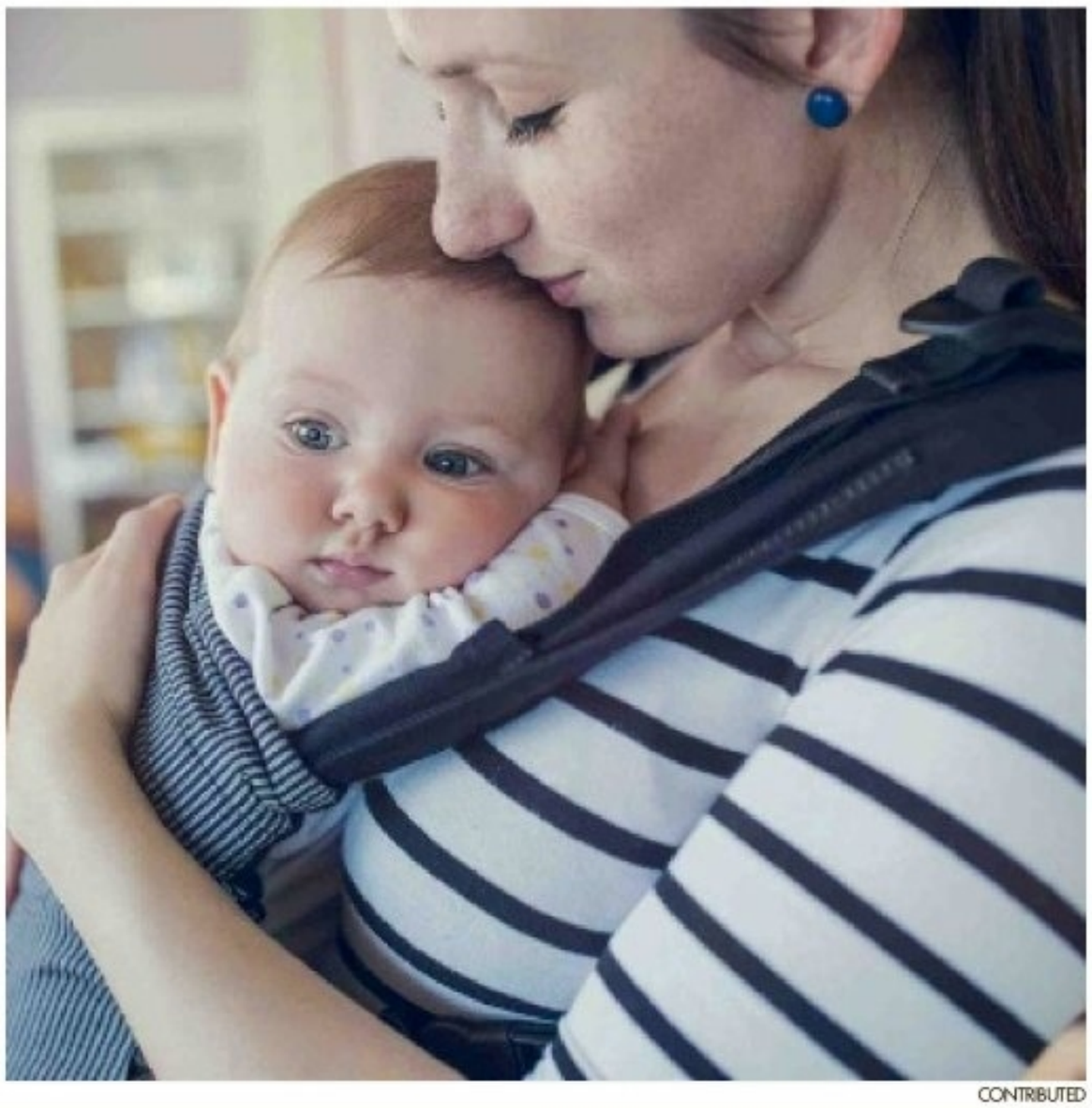
He also recommends wearing a baby carrier to help take the burden away from your back. Choosing the right one for your body is important.

"Many popular baby carriers have strapping systems meant to evenly distribute weight, which eases the fatigue and repetitive strain felt on your back," Gushaty says.

Of course, the threat of injury doesn't stop when your baby learns to walk and sometimes a chiropractor might be the right answer for your aches and pains, he adds.

"Your chiropractor will assess your spine and if they find any misalignments, a simple adjustment will ease the discomfort and allow the spine to relax. This will ensure your back is ready for the added stress."

To find out more information or to search for a chiropractor in your area, please visit albertachiro.com.



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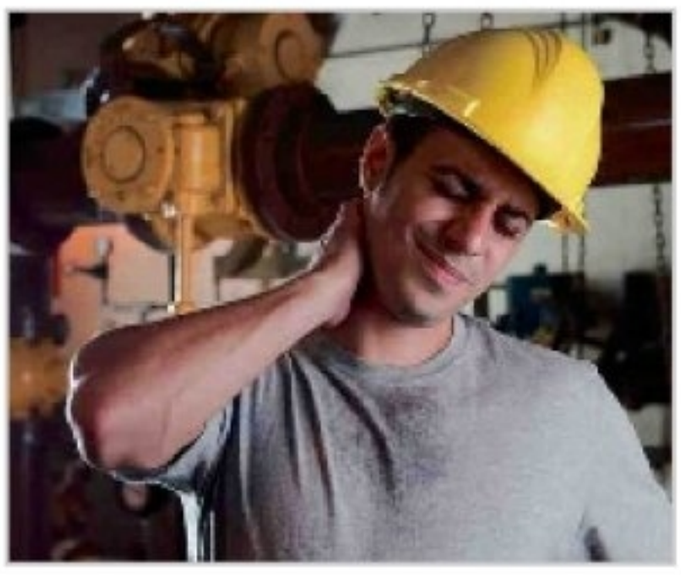

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Olympic 100-metre champ Elaine Thompson starred while her Jamaican teammate Usain Bolt missed the first Diamond League meet after Rio

Mother nature a major player at Canadian Open

GOLF

First round to resume Friday morning

Stephanie Meadow didn't mind the inclement weather conditions during the first round of the LPGA's Canadian Open on Thursday.

After a lightning delay that lasted nearly three hours, Meadow didn't miss a beat as she birdied her final two holes to leapfrog a group of three players to sit atop the leaderboard at 6-under 66 following the completion of the morning round.

Stephanie Meadow GETTY IMAGES

Golfers also had to battle windy, rainy and chilly conditions, which Meadow often endured while growing up in Jordanstown, Northern Ireland.

"My caddie always jokes that when it's windy I always play great, so I guess that's kind of my deal," said Meadow, who had seven birdies and one bogey on Thursday on the 6,622-yard, par-72 layout at Priddis Greens Golf and Country Club. "Being from Ireland, that's just part of it. It's nice to know that I can play in those conditions. I've done it a lot, even though it's when I was little, but I've still done it and scored, so I know I can do it."

The horn later sounded for the day with a number of groups still out on the course but not before Chella Choi took the lead at 7 under through 14 holes.

Play will resume at 7:15 a.m. MDT.

Karine Icher pulled even with Meadow at 6 under, also through 14 holes.

The group tied at 5-under 67 includes Lydia Ko, the Olympic silver medallist from New Zealand, who is No. 1 in the Rolex women's world golf rankings.

"I played solid — birdied the first hole straight off the bat, so when you make a birdie in the first round on the first hole, it gives you good momentum," said Ko, who has won the Canadian Open in three of the past four years including last year at the Vancouver Golf Club in Coquitlam, B.C., when she beat American Stacy Lewis in a playoff.

South Korea's Mirim Lee held the early lead of 5 under through 13 holes when players were shuttled off the course due to a lightning delay around noon.

When play resumed nearly three hours later, Lee bogeyed the 14th hole before bouncing back with a birdie on 15 and three straight pars to card a score of 67 to take the early clubhouse lead.

Brooke Henderson didn't start her round on Thursday in Priddis until nearly three hours after her scheduled tee time. She eventually played 15 holes. DEREK LEUNG/GETTY IMAGES

Mi Jung Hur, also of South Korea, then birdied the 18th hole just after Lee signed her scorecard to pull into a tie for the lead.

Brooke Henderson, the 18-year-old from Smiths Falls, Ont., who is No. 3 in the Rolex rankings, was scheduled to tee off at 1:31 p.m., but didn't hit her first shot until nearly three hours later. She played 15 holes Thursday and was at 1 under.

Hamilton-born Alena Sharp, who represented Canada with Henderson at the Rio Olympics, was the top Canuck of the day after carding an eagle and four birdies to finish with a 4-under 68.

THE CANADIAN PRESS

IN BRIEF

Reed doing damage at FedEx Cup playoff opener

Two days after Patrick Reed broke the gavel during the ceremonial closing bell at the New York Stock Exchange, the American kept a clean card and shot 5-under 66 to share the lead with Martin Laird at The Barclays, the first tournament of the FedEx Cup playoffs.

THE ASSOCIATED PRESS

Team Canada calls on familiar name to wear 'C'

Hockey Canada is going to mine a gold-medal leadership group for the upcoming World Cup of Hockey.

Sidney Crosby will once again serve as captain for Team Canada, joined like he was at the 2014 Sochi Olympics by Jonathan Toews and Shea Weber as alternates. THE CANADIAN PRESS

Trout leads Halos past Jays

Mike Trout drove in four runs and Albert Pujols earned his 100th RBI of the season as the Los Angeles Angels downed the Blue Jays 6-3 in Toronto on Thursday to win the three-game series.

Trout was 3-for-4 and Pujols had two hits while everyone else in the Angels (54-73) lineup reached base at least once.

Josh Donaldson hit his 29th home run of the season for the Jays (71-56), while J.A. Happ (17-4) shouldered a loss for the first time since June 6.

THE CANADIAN PRESS

Olympic dream a costly venture

FUNDING

Don't expect a high return on investment, critics warn

Cheryl Simundson can still vividly recall the time her daughter, two-time Olympic bobsled champion Kaillie Humphries, stood on a chair during a family dinner more than 20 years ago and announced her plans to win gold for Canada.

"OK," Simundson said she told the seven-year-old at the time, before telling her to sit down and finish dinner.

The Calgary mom knew she would support her kids in any endeavour they chose, and for Humphries that would now mean a long journey of emotional — and financial — help.

"Raising an Olympian," said Simundson, "(there) never is an end to it."

With another Olympic Games over, many young Canadians may now feel the drive to embrace a sport and work their way onto the podium.

But raising a star athlete isn't cheap and the return on investment for most families will rarely, if ever, add up to the millions of dollars someone like Michael Phelps garners from endorsement deals.

Annual costs for a high-performance athlete range from $10,000 to $30,000, said Katie Misener, an assistant professor at the University of Waterloo's recreation and leisure studies department.

Kaillie Humphries GETTY IMAGES

"Over their career, it's easily a six-figure investment, with no guarantee of a return," she said in an email.

The majority of the financial burden often comes down to the equipment required for a child's choice of sport, said Marvin G. Ryder, an assistant professor at McMaster University's DeGroote School of Business.

"Pray to God that they ask you to be a long-distance runner," he said.

The most expensive summer sports include sailing and equestrian events, he said, where the costs of owning, moving and maintaining a boat or horse can add up to roughly $500,000 a year.

> **This has to be their dream.**
> Cheryl Simundson, Kaillie Humphries' mother

Archery and shooting also rank highly, as they require bows and guns, as well as arrows and ammunition, he added.

Simundson recalls paying $100,000 for a better bobsled for Humphries. Her daughter has since paid that back.

Even sports that would require little equipment can surprise parents at more competitive levels, said Chris Chard, an associate professor at Brock University's sport management department.

Chard estimates a competitive swimmer can set a family back roughly $15,000 annually, between club fees, swimsuits that costs hundreds of dollars and only last a few races, and other expenses like travel and nutrition.

Children from Mangueira favela in Rio watch fireworks over Maracana Stadium during the Olympic closing ceremony on Sunday. CARL DE SOUZA/AFP/GETTY IMAGES

Once kids compete internationally, there's often some funding available to help offset such costs, noted Ryder, but the journey there is often self-funded.

And the odds of a payoff, in terms of making the Olympics and standing atop the podium, are slim. The kids who advance to the highest level of a sport are a fraction of one per cent of those who enter it, both Ryder and Chard said.

Despite the myriad number of costs and challenges, Chard maintains there's still reason for parents to help their children pursue their Olympic dreams.

Young athletes learn essential life skills, such as time management and team building, not to mention the quality family time spent together, he said.

"On a lot of levels, it's worth the cost because it's not just about the ROI from a bottom-line perspective." THE CANADIAN PRESS

Claudio Bravo backstopped Chile to a second straight Copa America championship over Argentina in June. ELSA/GETTY IMAGES

Hola Bravo, adios Hart?

PREMIER LEAGUE

Man City sign Chilean leaving top England man in limbo

Manchester City has completed the signing of goalkeeper Claudio Bravo from Barcelona for 13.75 million pounds ($18.2 million US) in a move that could spell the end of Joe Hart's decade-long career at the English club.

City announced the arrival of the 33-year-old Chile international on Thursday on a four-year deal.

City manager Pep Guardiola likes his goalkeepers to be good with their feet so they can build up play from the back, explaining his move for Bravo and his decision to drop Hart at the start of this season.

"I have followed City's progress in recent years and obviously know some of my new team-mates from the Copa America," Bravo told the club's website.

"It is not easy to leave a club like Barcelona where I had two fantastic years, but the opportunity to work with Pep Guardiola was too good to refuse."

Bravo played for Colo Colo in his native Chile until 2006, when he joined Spain's Real Sociedad on the recommendation of Xabier Mancisidor, who is now City's goalkeeping coach.

"He has experience and great leadership qualities and is in the prime of his life," Guardiola said. "He is a goalkeeper I have admired for a number of years and I'm really happy he is now a City player."

Hart is England's first-choice goalkeeper and has been a regular for City since 2010, but has been told by Guardiola that he can join another club. Willy Caballero has started ahead of Hart in City's first two games of the Premier League season.

Hart played in City's 1-0 win over Steaua Bucharest in the Champions League playoffs on Wednesday.

He was given a rousing reception by City fans and appeared emotional during and at the end of what could have been his last game for the club.

Speaking afterward, Hart said: "We have a top manager that the club has wanted a long, long time, and he's going to have his opinion on things.

"It's a place I love to be," he added. "But situations occur in football. We're men, we get on with it." THE ASSOCIATED PRESS

Joe Hart GETTY IMAGES

PEP'S HOMECOMING

Pep Guardiola will be heading back to Barcelona after Manchester City was pitted against his former team in the Champions League draw on Thursday.

The two teams play each other on Oct. 19 in Barcelona and Nov. 1 in Manchester.

Borussia Moenchengladbach and Celtic complete Group C.

Pep Guardiola GETTY IMAGES

IN BRIEF

Browns cut bait on Mingo

The Cleveland Browns have traded disappointing linebacker Barkevious Mingo to the New England Patriots in exchange for a 2017 fifth-round pick.

The teams announced the deal on Thursday.

The Browns selected Mingo with the No. 6 pick in 2013. The former LSU standout has recorded just seven sacks in three seasons and spent much of last season on special teams. THE ASSOCIATED PRESS

Avalanche tap AHL's Bednar coach to replace Roy

The Colorado Avalanche announced the hiring of Jared Bednar as their new head coach Thursday.

Bednar replaces Patrick Roy, who abruptly stepped down as coach earlier this month. The 44-year-old Bednar won the AHL's Calder Cup as coach of the Lake Erie Monsters last season. He also won the ECHL's Kelly Cup in 2009 with the South Carolina Stingrays. THE ASSOCIATED PRESS

PARALYMPICS

Putin says Russian ban is inhumane

Russian President Vladimir Putin attacked the ban on his country from the Rio de Janeiro Paralympics as immoral and inhumane on Thursday, while six Russian athletes launched a bid to compete at next month's games as individuals.

"The decision to disqualify our Paralympians is outside the bounds of law, morality and humanity," Putin said at an award ceremony for Olympic athletes at the Kremlin. He called the ruling against Russia "cynical" and claimed that "it even humiliates those who take such decisions." THE ASSOCIATED PRESS

Vladimir Putin AFP/GETTY IMAGES

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1	9	2	4	8	3	7	5	6
5	3	8	1	7	6	2	9	4
8	5	4	9	3	7	1	6	2
7	2	3	8	6	1	9	4	5
9	1	6	2	5	4	8	7	3
2	7	1	6	9	5	4	3	8
3	8	5	7	4	2	6	1	9
6	4	9	3	1	8	5	2	7

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YESTERDAY'S ANSWERS ON PAGE 61

RECIPE Tuna Niçoise Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Welcome the weekend with this flavorful sammie combining tuna and egg that get a flavuor boost from olive tapenade.

Ready in 1 hour and 15 minutes
Prep time: 15
Time in fridge: 1 hour
Makes 6 to 8 servings

Ingredients
- 3 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp dijon mustard
- 2 x 7 oz cans of tuna
- 1/4 English cucumber, sliced
- 1 rustic loaf of bread
- 1 or 2 Tbsp black olive tapenade
- handful fresh basil
- 3 hard-boiled eggs

Directions

1. Whisk together oil, vinegar and mustard until you have a smooth dressing. Drain your tuna well and place it in a bowl. Add 2 tablespoons of the dressing to the tuna and mash it up with a fork and mix well. Toss the sliced cucumber in the remaining tablespoon of dressing and give it a stir.

2. Cut the loaf of bread horizontally and use your fingers to pinch out a good bit (about a cup) of the soft bread inside. Spread a thin layer of tapenade on piece of bread. Place a layer of basil leaves, followed by a layer of sliced egg. Now use a spoon to mound the tuna next. Follow with a layer of sliced cucumber.

3. Place the top of the bread and press down gently. Wrap the whole sandwich in plastic. Put it on a plate and weigh it down with something. Put the whole works in the fridge for at least an hour or overnight so the flavours combine and the sandwich is easier to slice.

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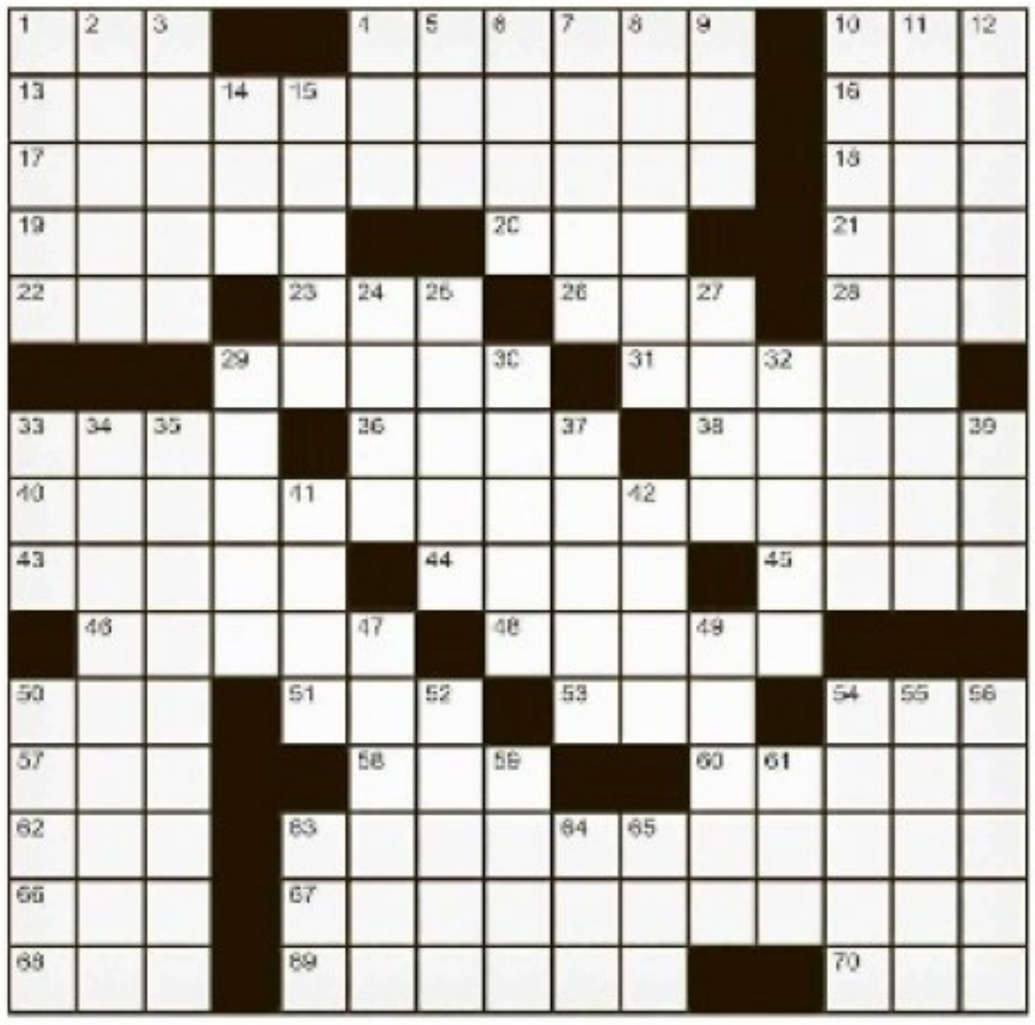
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sushi tuna
4. Love Grows (Where My Rosemary Goes) by _ Lighthouse
10. TV's modern-day VCR
13. Downtown Toronto shopping attraction: 2 wds.
16. Sundial number
17. What that guy used to climb Trump Tower recently: 2 wds.
18. Cdn. buying network
19. 1985 Power Station hit: "Some Like _ _"
20. Kimono belt
21. Stage hint
22. Lana Del _
23. Performer's agt.
26. Lorne Michaels' li'l show
28. Owns
29. Pepsis
31. Masterpiece displayer
33. 'Mars'-meaning prefix
36. Wk.'s first days
38. Namesakes of Ingrid's Casablanca (1942) character
40. Canadian who anchors her own show on HLN: 2 wds.
43. Mythology: Rarified fluid
44. Way off
45. Prefix meaning 'Within'
46. Garden plant
48. Arctic boat
50. Ms. Winger, to pals
51. Affixed, abbreviated
53. Laboratory subj.
54. Battery size
57. Grand _ Opry
58. "Yuck!"
60. Envelope insertions [abbr.]
62. Irish coronation stone, _ Fail
63. Yeomen Warders protect them: 2 wds.
66. Muscle, e.g.
67. Randy Bachman's Springtime melts the snow... tune: 2 wds.
68. "What did you just say?"
69. Inattentive
70. Irons, symbolically

DOWN
1. Pantheon of Norse gods
2. High, in Hull
3. Mouse on "The Simpsons"
4. _-friendly
5. Comfy room
6. Sudbury landmark, _ Superstack
7. Used-ticket bits
8. 'Live-forever"perennial plant
9. Belonging to Lincoln's li'l state
10. Helps out: 2 wds.
11. Sculpture or photography or ceramics: 2 wds.
12. Lyricist Tim's surnamesakes
14. Prefix meaning 'Ear'
15. Explosive stuff
24. "If all _ fails..."
25. 1963 Billboard chart-topper: "Hey _"
27. Retreat
29. Salmon varieties
30. Debacle
32. Streamlined
33. Marie Claire's friend
34. Saint-Jean-sur-_, Quebec
35. New Wave classic by Martha and the Muffins: 2 wds.
37. Sends e-mail advertising
39. _ Luis, Brazil
41. "Thou _ _ lady." - King Lear
42. Mr. McCormack
47. Metropolitan maison, pied-_-_
49. Comic books scream!
50. Mr. Lundgren of Rocky IV (1985)
52. Wee hours time: 2 wds.
54. The Sign by _ _ Base
55. Carpenters hit: "For _ _ Know"
56. Groups, briefly
59. '39 to '45 conflict
61. Nunavut's neigh.
63. Paramedic's skill, commonly
64. Singer/songwriter Lionel's famous daughter ...her initials-sharers
65. '_' _ for Jasper

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do what you can to get better organized now. Basically, you want to turn over a new leaf. You want to be on top of your life; you even want to be healthier!

Taurus April 21 - May 21
This is a lovely, playful time for your sign. Slip away on vacation if you can. Romance, the arts and enjoyable activities with children will delight.

Gemini May 22 - June 21
Your attention continues to focus on home, family and your private life. One thing that consumes you now is repairs and redecorating projects.

Cancer June 22 - July 23
This is a busy, fast-paced time for you, so enjoy the next few weeks. Short trips, errands, increased reading and writing plus talking to everyone will keep you on the go!

Leo July 24 - Aug. 23
Money is on your mind now. You have moneymaking ideas; however, you also have ideas about how to spend money. (There are so many beautiful things and fun experiences!)

Virgo Aug. 24 - Sept. 23
You have good fortune in the next few weeks, so make the most of it. Favourable circumstances and important people are attracted to you now. Lucky you!

Libra Sept. 24 - Oct. 23
Work behind the scenes for the next few weeks, because this will feel best. Start to plan ahead what you want your new year (birthday to birthday) to be all

Scorpio Oct. 24 - Nov. 22
Friendships are important to you now. That's why the next few weeks will be unusually social and popular for you.

Sagittarius Nov. 23 - Dec. 21
Because people in authority admire you, expect to be asked to take on increased responsibilities or to do a special job. Don't worry — you will shine!

Capricorn Dec. 22 - Jan. 20
Treat yourself to exciting changes and opportunities to visit different places in the next few weeks, because you need a change of scenery. Grab every opportunity to learn something new.

Aquarius Jan. 21 - Feb. 19
The next few weeks are the ideal time to focus on debt, taxes, inheritances and shared property. Tie up as many loose ends as possible. You will benefit from financial transactions.

Pisces
Feb. 20 - March 20
Get more sleep in the next few weeks. Aside from that, your relations with partners and close friends are excellent!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3								5
	8	1	2		6	9	7	
				7				
	5						1	
7				4				2
	2						6	
				8				
	6	2	4		9	1	8	
9								4

YOUR STORY MUST CHANGE

Sin makes one to fall short of God's glory regardless of the achievements. More so, "it can be our mistakes that define us better than our successes" (Jonathan Aitken). Zacchaeus, inspite of his success in his profession made some mistakes which he admitted and repented of before the Lord. "And Jesus said unto him, This day is salvation come to this house, forsomuch as he also is a son of Abraham.(Luke 19:9) Peradventure you have made some mistakes, Jesus is ready to change your story if you turn to Him.

For prayers and counseling call the pastor at 587-579-0454

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